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UB Recreation Newsletter

Beat the Heat By: Roz Dominico

<<< stay cool

Summer has arrived! Unlike me (I enjoy snow!), I know many of you are excited for the hot weather.

Caution! Everyone needs to be aware to heat-related illnesses, ANYONE can succumb to a heat related illness. The body normally cools itself by sweating. But when humidity is high and sweat does not evaporate quickly, body temperature can rise rapidly. Very high body temperatures may damage the brain or other vital organs. Other factors that increase risk include age, weight, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Heat Exhaustion: Heat Exhaustion is a relatively mild form of heat-related illness that develops due to exposure to high temperatures and inadequate hydration. Heat exhaustion is the body's response to an excessive loss of the water and salt contained in sweat (electrolytes).

Warning signs of heat exhaustion include: heavy sweating, muscle cramps, dizziness, headache, nausea or vomiting, fainting and weakness, skin may be cool, moist, and pale, pulse will be fast and weak and breathing will be fast and shallow.

If heat exhaustion is untreated, it may progress to heat stroke. Please seek medical attention immediately if symptoms are severe. Otherwise, help the person to cool off, and seek medical attention if symptoms worsen or last longer than one hour.

Cooling measures that may be effective include the following: drinking cool, non-alcoholic beverages, rest, a cool shower, bath, or sponge bath, an air-conditioned environment and lightweight clothing.

Heat Stroke: Heat Stroke is defined as a core body temperature of more than 105° F and brain dysfunction. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Warning signs of heat stroke vary but may include the following: rapid, strong, or weak pulse, an extremely high body temperature (above 103° F or 39.4° C, measured orally,) red, hot, and dry skin (no sweating,) throbbing headache, dizziness and nausea, confusion and unconsciousness.

If you see any of these signs, you may be dealing with a life-threatening emergency.

1. Call 911 while you begin cooling the person.
2. Get the person to an air-conditioned area, or a shady area, and cool them rapidly using whatever methods you can, for example:
3. Place ice packs on areas such as wrist, neck, armpits, groin, back
4. Immerse the person in cool water, or apply cool water, such as in a tub or shower, from a garden hose or by sponging water on
5. Fan the person vigorously



summer swag >>>



Bulls Team Shop

Get hooked up with the hottest summer Bulls fashion from the Bulls Team Shop. We have Nike, New Era and more to kick-up your wardrobe into #ubhornsup fashion before the Fall 2021 semester. It's been a while since we've seen you, so come shop today!

Regular Hours (Fall Semester)		Summer Break Hours	
Monday	11AM-8PM	Monday	12PM-4PM
Tuesday	11AM-8PM	Tuesday	12PM-4PM
Wednesday	11AM-8PM	Wednesday	12PM-4PM
Thursday	11AM-8PM	Thursday	12PM-4PM
Friday	11AM-8PM	Friday	12PM-4PM
Saturday	12PM-4PM	Saturday	CLOSED
Sunday	CLOSED	Sunday	CLOSED

For more information about the Bulls Team Shop, visit our website:

www.buffalo.edu/recreation/services/bullsteamshop

and follow us on Instagram: @bullsteamshop



Work for UB Rec!

<<< apply today

UB Recreation is home to various activities and programming. We are always looking for the best of the best to work with us and enhance what we do! If you're a UB student looking for summer or fall employment, don't forget to check out all of our employment opportunities... We are currently hiring students for the following positions:

- Fitness Center Monitor
- Group Fitness Instructor
- Lifeguard
- CPR Instructor
- Sales Associate
- Intramural Sports Official

Head over to our website for more details about our employment positions - <http://www.buffalo.edu/recreation/about-us/employment-opportunities.html> - and to fill out an application.