

John Kekar

When I was in my 20's I worked for the City of Phoenix Electric Dept. We worked on the streets in much hotter weather than you typically have in Northern NM. We took several breaks during the day, as needed to hydrate with water. You can wear a hat and apply a wetted down cloth under the hat. For young healthy people it was no problem. You will actually accomplish nothing working 15 min and sitting around for 45 minutes. You will not complete your work and do more harm than good to your body by just sitting around and not moving. Bodies need to be in motion, it is what the body likes for staying healthy.