

APRIL 24, 2023



SAFETY



MONDAY



WATER. REST. SHADE



WATER

REST



SHADE

REMEMBER WATER, REST AND SHADE!

Water!

Proper hydration is essential to prevent heat-related illness. Workers should not rely on feeling thirsty to prompt them to drink and be aware that use of certain personal protective equipment such as vests and long sleeve shirts, can increase the risk of heat-related illness.

Rest!

Breaks should last long enough to recover from the heat. If workers rest in a cooler location, they will be ready to resume work more quickly. Breaks should last longer if there is no cool location for workers to rest.

Some workers might be tempted to skip breaks. In hot conditions, skipping breaks is not safe! Employers should make sure that workers rest during all recommended break periods.

Shade!

Find a cool location where workers can take their breaks and recover from the heat.

Outdoors, this might mean a shady area, an air-conditioned vehicle, a nearby building or tent, or an area with fans and misting devices.



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