



WATER, REST & SHADE

As summer approaches, we need to remember the importance of Water, Rest and Shade - especially for our employees who spend all or part of their days working outside in the heat and humidity.

Water:

Our bodies are comprised of mostly water and during physical activity, we need to replenish the fluids lost when we sweat. Drinking water and supplementing with electrolyte drinks helps our bodies function properly, helps regulate body temperature, and allows for proper circulation.

Hydrate frequently, at least every 15-20 minutes, by drinking a minimum of 8 ounces of water. Avoid caffeinated products, soda, energy drinks, iced tea and lemonade. Supplement with electrolyte products such as sports drinks.

Rest:

As heat and humidity increase, the number and duration of rest breaks should too. Since our workers generally maintain a high level of physical activity throughout the day, frequent rest breaks give them an opportunity to recover from the heat. Skipping breaks may be tempting but isn't smart or safe!

Shade:

A cool, shaded area increases the positive effects of rest breaks by providing a faster recovery from the heat. Find a spot under a tree or in the cab of an air-conditioned vehicle to cool off.



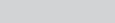
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