



SAFETY



MONDAY

Water



Rest



Shade



Water: Hydrate Before Work - Being hydrated when you start work makes it easier to stay hydrated through the day. If you are dehydrated when you start work, you may not be able to drink enough to catch up with your body's need for water. Hydrate During Work - Drink before feeling thirsty. By the time you feel thirsty, you are already behind in fluid replacement. Dehydration is a primary contributor to heat exhaustion. Drinking at shorter intervals is more effective than drinking large amounts infrequently. Hydrate After Work - Most people need several hours to drink enough fluids to replace what they have lost through sweat. The sooner you get started, the less strain you place on your body from dehydration. Hydrating after work is even more important when you work in the heat on a regular basis.

Rest: In the hot summer months, rest becomes more and more important to recharge our bodies. The length and frequency of rest breaks should increase as heat stress rises. When taking a break, try to find an air-conditioned space to cool off more rapidly.

Shade: While you rest, you should seek a shaded area outside, out of direct sunlight. Being in a cool, shaded area will also lower your internal body temperature. If you or a co-worker is experiencing a heat-related event, immediately move to shade to begin the cooling process. If no shade is available, move to an air conditioned space.

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