

MAY 6, 2024

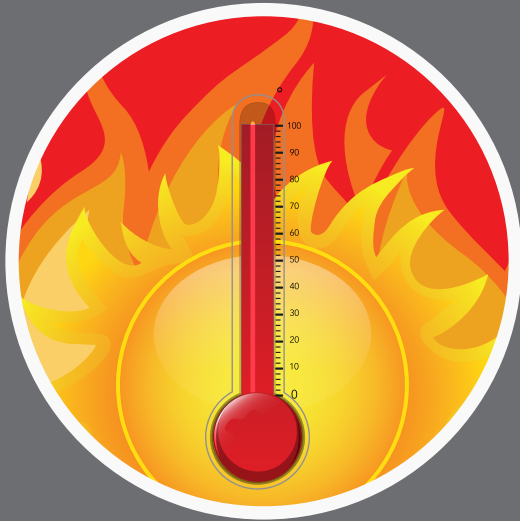
SAFETY



MONDAY[®]

**IT'S GETTING HOT
OUT HERE!!!**

WATER | REST | SHADE



- ✓ Hydrate Early
- ✓ Make sure to have plenty of water for entire work shift (limit or eliminate the Energy Drinks)
- ✓ Take frequent Breaks
- ✓ Find Shade when Hot
- ✓ Wear lightweight clothing
- ✓ Know the Signs and Symptoms of Heat-related Illnesses

****Do Not Wait Til it is Too Late
to Seek Help****



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