



SAFETY MONDAY®

HEAT ILLNESS



Drink cool water even if you are not thirsty. 8 ounces every 20 minutes can ensure sustained hydration. Ensure you allow your body time to recover from activity. Heat, humidity and weather conditions are all factors to consider.

Wear light-colored, loose-fitting, breathable clothing, as well as a hat with a brim to provide extra protection.

Employees not used to working in the heat also need time to acclimate before assuming a full workload.

When the heat stress index reaches 90 degrees Fahrenheit, managers must ensure employees work in the shade or out of the direct sun when possible and avoid becoming sunburned. Temporary tents, umbrellas or similar structures can be used to reduce the heat stress load on workers.

Learn the signs of heat stress and how to recognize and treat them. Remember, prevention is always a best practice.

