

JUNE 17, 2024

**SAFETY**



**MONDAY®**

**HEAT ILLNESS**

Drink cool water even if you are not thirsty. 8oz every 20 minutes to 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, and a hat with a brim to provide extra protection.

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

When the heat stress index reaches 90°F, Managers must ensure that 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.

# HEAT ILLNESS PREVENTION



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