

HEAT AWARENESS

STARTS WITH YOU

Now's the time to elevate your awareness about contributing factors of heat stress and confirming worker readiness to stay safe through the summer heat.

BE PREPARED.
BE AWARE.
BEAT THE HEAT

WHY IT MATTERS



Temperatures above 80°F, humidity, and strenuous work increase heat stress risks



Arriving hydrated and dressed for the heat helps workers stay fit for duty



Early awareness helps prevent heat-related injuries and illnesses

TAKE ACTION. PROTECT YOURSELF AND YOUR TEAM.

STAY HYDRATED



- Drink fluids before becoming thirsty
- About 8 oz. every 20 minutes is ideal



DRESS FOR THE HEAT



- Wear loose-fitting, breathable clothing
- Use sunscreen, hats, sunglasses, and UV protection



RECOVER OFTEN



- Take breaks long enough to recover from the heat
- Rest in shaded, cooled, or air-conditioned areas



CHECK YOUR TEAM



- Watch for red skin, cramps, headaches, nausea, or dizziness
- Address symptoms immediately

