



SUMMER HEAT SAFETY: *QUICK TIPS*



REMEMBER THESE SIMPLE TIPS TO STAY SAFE AND KEEP COOL. TAKING SMALL STEPS CAN PREVENT SERIOUS HEAT-RELATED ILLNESSES AND KEEP EVERYONE SAFE.

WHY IT MATTERS



PREVENTS
HEAT ILLNESS
AND FATIGUE



HELPS NEW AND
RETURNING
WORKERS ADJUST
TO THE HEAT



KEEPS TEAMS
SAFE AND
PRODUCTIVE

HEAT SAFETY IN ACTION



HYDRATE OFTEN

- Drink water every 15–20 minutes (about 1 quart/hour)
- Take extra water breaks as needed



USE SHADE

- Rest in shaded or cool areas
- Use A/C, misting, or ventilation when available



KNOW THE SIGNS

- Watch for dizziness, cramps, nausea, confusion
- Report symptoms immediately
- Use a buddy system



BE PREPARED

- Train workers before outdoor shifts
- Supervisors carry working phones
- Add breaks and adjust hours on hot days



ADJUST TO THE HEAT

- Ease into heat exposure over time
- Support new or returning workers
- Supervisors check for fatigue and strain

**STAY ALERT, LOOK OUT FOR YOUR TEAM,
AND TAKE ACTION EARLY.**