

## Safety Message

# Tips on Heat Illness Awareness and Prevention

**Appropriate Clothing:** Wear lightweight, light-colored, loose-fitting clothing.

**Hydrate:** Begin hydrating at the beginning of the day and continue to hydrate through the day (work shift). To properly hydrate you must drink plenty of clear non caffeine and or sugared fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

Where water is not plumbed or continuously supplied, it shall be provided in sufficient quantity at the beginning of the work shift to provide one quart per employee per hour (about a cup every 15 min) for drinking for the entire shift. The water shall be located as close as practical to where employees are working.

For remote outdoor work locations, provide a water cooler or container that employees can take with them to the work location. Containers must be kept clean. No shared cups can be used; use only disposable cups or individual water containers. Refill containers as needed to allow employees to drink one quart or more per hour (1 cup every 15 minutes).

Number of Employees	Water Amount per 8 Hours Gallons	Water Amount per 8 Hours Pints	Water Amount per 8 Hours Cups
1	2	16	32
2	4	32	64
10	20	160	320

***Water Chart represents a general summary and recommendation only***

**Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

**Avoid very cold drinks:** Cool water is recommended Very cold drinks they can cause stomach cramp).

**Pace Yourself:** Cut down on physical exception during on high-heat days. Take ample cool-down rest breaks.

If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

**Use Sunscreen:** A sunburn will affect your body’s ability to cool down and can make you dehydrated. If you are working outdoors, protect yourself from the sun by wearing a wide-brimmed hat (Hard Hat), sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

- **Tip:** Look for sunscreens that say “broad spectrum” or “UVA/UVB protection” on their labels—these products work best.

**Avoid sugary or alcoholic drinks at least 10 hours prior to a work day during high-heat conditions**—these types of drinks can actually cause you to lose more body fluid.

**Stay Informed - Know the Signs:** Learn the signs and symptoms of a heat related illness and the first aid steps necessary to aid a person showing signs or symptoms of a heat injury or illness.

**Use a Buddy System:** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness.

**Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.

**Stop – Think – Act:** Don’t wait until you are feeling the effects of a heat injury or illness conditions before you begin consuming clear – clean water (i.e. non-caffeine or sugary drinks). Notice those around you if you are feeling ill. Watch for those around you, providing assistance if needed. Notify your supervisor if you or a co-worker is showing signs or symptoms of heat illness or injury.