

Heat Stress Prevention

WATER

- Drink water frequently. Do not wait until you are thirsty.
- Use portable water containers and add ice so it is easily accessible.
- Avoid drinks with caffeine, alcohol, and large amounts of sugar, these drinks dehydrate you more.



SHADE

- Take breaks in the shade or cool area when possible.
- Take more breaks if needed based on high temperatures or physical demand of work.
- Consider easy to assemble portable such as pop up tents



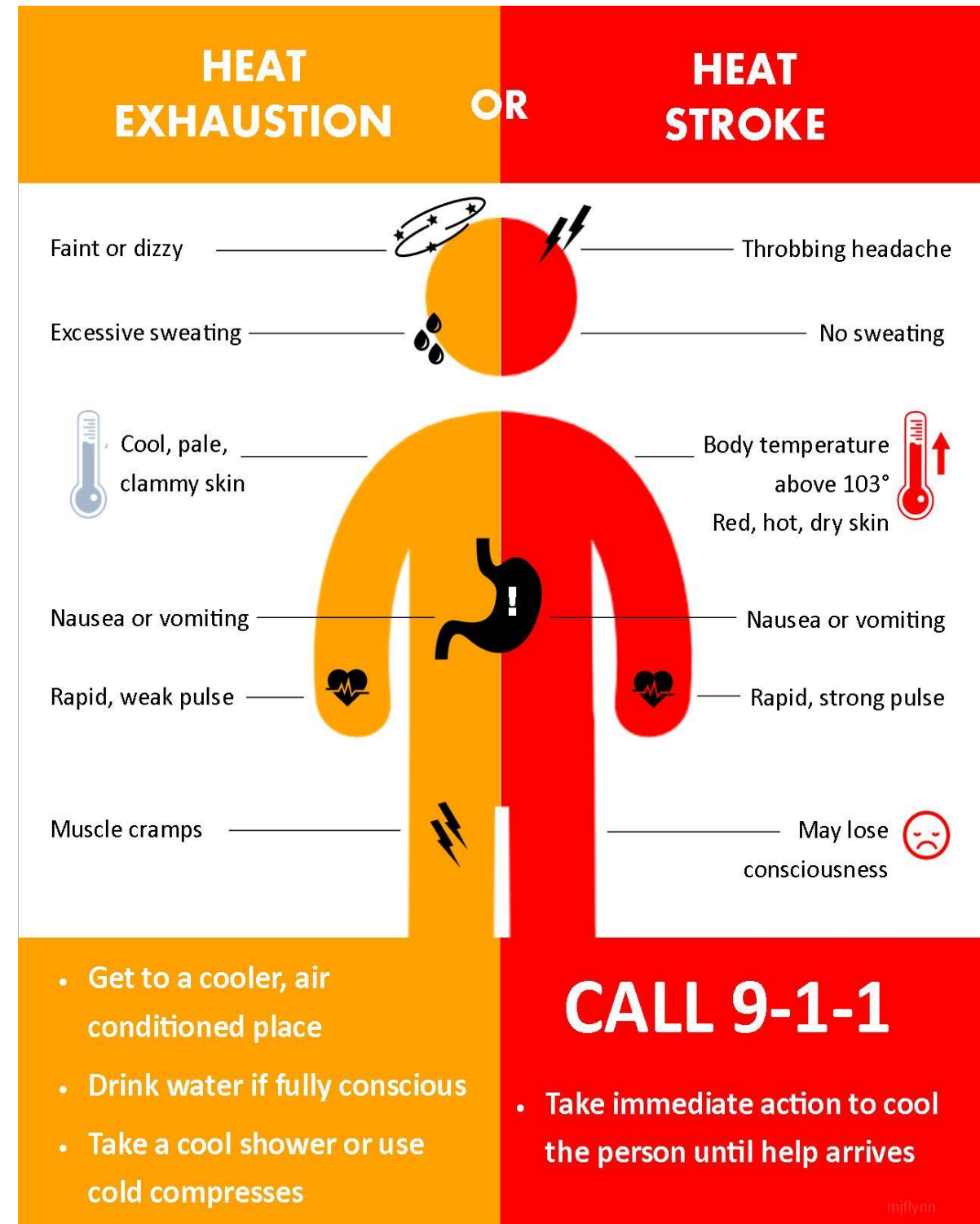
CLOTHING

- Wear light colored, loose fitting, breathable clothing such as cotton.
- Use wide-brimmed hats and shaded safety glasses. Wear sunscreen to protect your skin.
- Avoid non-breathable synthetic clothing and use caution when wearing PPE clothing and equipment.



MONITOR

- Monitor your own physical conditions.
- Be aware of the physical condition of your coworkers.
- Use the "Buddy System" to keep track of workers and supervisors when out on the job.



For more information on signs of dehydration and the best ways to hydrate using foods and drinks, scan the QR code to the right.

