

10 TIPS TO BEAT THE HEAT

HEAT ILLNESS IS PREVENTABLE!

ACCLIMATIZE

Get used to the heat before it gets you!



DRINK UP!

Be sure to drink a quart of cool water per hour

WATCH HEAT

Monitor the environment temperature



COOL DOWN

Use, if possible, cool areas, wet towel and fan.

PLAN FOR REST

Plan work / rest periods



HAVE QUESTIONS?

Consult your Supervisor or EH&S if you have any question or doubt.

TRAIN MANAGERS

Have supervisors trained and ready to act on plan



EMERGENCY PLAN

Have procedure ready before emergencies happen

TRAIN EVERYONE

Help all employees recognize the warning signs



OBSERVE & ACT

Don't wait!
Keep employees safe!

EMERGENCY? CALL 911