



SB038: 10 Tips to Beat the Heat

Heat Illness is Preventable

Heat illness is preventable. It occurs when the body cannot properly cool itself, leading to conditions such as heat exhaustion or heat stroke. Symptoms may include dizziness, nausea, and confusion. We are sharing 10 tips to prevent heat illness.

1. **Acclimatize** - Get used to the heat before it gets to you.



6. **Drink up** - Be sure to drink a quart of cool water per hour



2. **Watch the Heat** - Monitor the environment temperature



7. **Cool down** - Use, if possible, cool areas, a wet towel, and fans.



3. **Plan for Rest** - Plan work/rest periods



8. **Have Questions?** - Consult your supervisor or EHS if you have any questions or doubts.



4. **Train Supervisors** - Have supervisors trained and ready to act on plan



9. **Emergency Plan** - Have procedures ready before an emergency happens.



5. **Train everyone** - Help all employees recognize the warning signs



10. **Observe and Act** - Don't wait! Keep employees safe.



Emergency? Call 911