

HEAT SAFETY for Manufacturing Workers

KNOW



heavy sweating tiredness



poor concentration



headache

THE SIGNS:

WHAT CAN YOU DO?

- Drink plenty of water and juice **BEFORE** work and use throughout the day
- Use a buddy system and check on co-workers often
- Take a cold bath/shower after work to cool down
- Know the location of the closest drinking water supplies

FOR EMPLOYERS:

- Conduct safety training to train workers to prevent, recognize, and treat heat illness
- Establish work/rest schedules appropriate for heat indices
- Rotate workers
- Provide **PROMPT** medical attention to any worker who shows signs of heat illness