

HEAT SAFETY

for

Outside Workers

KNOW

THE SIGNS:



heavy sweating

tiredness



poor concentration



headache

WHAT CAN YOU DO?

- Drink 16-32oz of water every working hour
- Don't wait until you're thirsty to drink
- Avoid alcohol or sugary beverages
- Avoid working during mid-day heat
- Spend time in air conditioning during breaks
- Take a cold shower after work to cool off

ACCLIMATIZING TO HEAT:

1. New/returning workers gradually acclimatize. Begin with 20% usual duration of work and increase gradually.
2. Experienced workers begin at 50%, 2nd day 60%, 3rd day 80%, 4th day 100%.
3. It may take up to 14 days to acclimatize