

# HEAT SAFETY



*for manufacturing workers*

## KNOW THE SIGNS:

- Heavy sweating
- Fatigue
- Poor concentration
- Headache

## 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.

## WHAT CAN YOU DO?

- Drink plenty of water BEFORE work. Drink often (1 cup/8 oz. every 15-20 minutes) and before you get thirsty during work. Know the location of the closest drinking water supplies.
- Avoid beverages with alcohol, high caffeine and/or sugar.
- Use a buddy system and check on co-workers often.
- Take a cool bath or shower after work to cool down.
- Sleep 6 to 8 hours a night in a cool place.