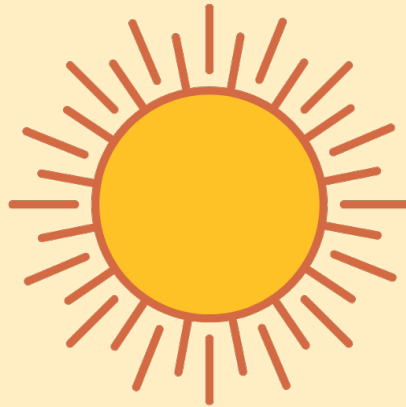


HEAT SAFETY



for outside workers

KNOW THE SIGNS:

- Heavy sweating
- Fatigue
- Poor concentration
- Headache

HEAT ACCLIMATIZATION:

Acclimatization is the process of adapting to a change in your environment, like hotter temperatures. Acclimatization to heat often happens at the beginning of the heat season around May, after time away from work, and at the beginning of a heat wave or higher temperatures in your area.

- New / returning workers can begin at 20% usual duration of work and increase gradually.
- Experienced workers can begin the 1st day at 50%, 2nd day 60%, 3rd day 80%, and 4th day 100%.
- It may take up to 7-14 days for workers to acclimatize to heat.

WHAT CAN YOU DO?

- Wear loose, lightweight and light-colored clothing.
- Drink water often (1 cup/8 oz. every 15-20 minutes) and before you get thirsty. Know the location of the closest drinking water supplies.
- Avoid beverages with alcohol, high caffeine and/or sugar.
- Spend time in AC, in front of a fan (up to 95°F), or in the shade during breaks.
- Avoid working during mid-day heat or speak with your employer about options to protect you from heat-related hazards according to OSHA standards.
- Take a cool shower after work to cool off.
- Sleep 6 to 8 hours a night in a cool place.