Summer Safety Checklist



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HEAT STRESS PREVENTION

❑ Drink plenty of water throughout the day. Water rehydrates your body better than other fluids such as pop or juice. Water at room temperature is absorbed into your system faster.

❑ Plan ahead. Try to plan the most physically demanding tasks for the coolest time of the day.

❑ Wear light, natural fiber clothing that will allow heat to escape.

❑ If you are working outdoors, wear a hat.

❑ Acclimatize yourself by gradually exposing yourself to the heat.

❑ Get out of the heat during breaks…