July 2019 Newsletter

HOT WEATHER SAFETY TIPS:

Stay hydrated. Drink plenty of fluids throughout the day.

Wear protective clothing. Lightweight, light-colored and loose-fitting clothing helps protect against heat.

Pace yourself. Know your own limits and ability to work safely in heat.

Utilize scheduled breaks. Take time for short breaks and water breaks in a shaded or cool environment.

Use a cool bag. Place your food in an insulated bag for cooling.

Avoid getting sunburn. Learn sun safety tips and make it a habit to sunburn.

Be alert to signs of heat stress. Stay vigilant about your personal safety and check on fellow employees that might be at high risk.

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