

# Safety First...it's the right thing to do!



August, 2016

## Heat Stress

August in Houston is very hot and when the highest number of heat fatalities occur. This is when you face the greatest risk of heat illness. To prevent heat-related illness please make sure to follow the guidelines below.

### Preventing heat illness:

- Understand that everyone responds differently to the heat
- If you feel sick, tell your supervisor or site HSE immediately!
- Wear light colored, loosed fitting clothing
- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illness
- Drink water frequently, before you become thirsty. As a minimum, drink about 1 cup every 15 to 20 minutes
- Urine should be clear or lightly colored
- Everyone should be urinating frequently (max 2 hours)
- Eat regular meals and snacks; they provide enough salt and electrolytes to replace what is lost through sweating as long as you continue drinking water
- Protective clothing or PPE may make you hotter
- Take more breaks in the shade
- Make sure you drink plenty of water when you get home

Remember, your family is counting on you!

## OSHA Heat Illness Emphasis:

- Know signs/symptoms of heat illness
- Use the buddy system.
- Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.

**See it,  
own it!**

