

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



April 2017

Heat Related Illness

With summer just around the corner, temperatures are on the rise. Be aware of heat related illnesses and disorders that can affect all aspects of your life. When it comes to keeping cool, remember it is very important to hydrate often and early! Start hydration before you hit the job site! Drink plenty of water in the evening when you get home and add a bottle or two of water into your morning routine.

To prevent heat illness:

- Frequently drink small amounts of water before you become thirsty to maintain good hydration. During moderate activity, in moderately hot conditions, drink about 1 cup every 15 to 20 minutes.
- Urine should be clear or lightly colored.
- 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.
- Make use of shade and report any heat-related symptoms immediately.
- Change work/rest cycles to increase the amount of rest time.
- Monitor weather reports daily and plan jobs with high heat exposure to cooler times of the day. Be extra vigilant during heat waves when air temperatures rise above normal.

Remember, your family is counting on you!

OSHA Heat Illness Emphasis

- Know the signs and symptoms of heat illness
- Regularly drink hydrating fluids. Drink water before you work!
- Avoid caffeinated beverages, alcohol, and high amounts of sugar
- Wear lightweight clothing if possible

**See it,
own it!**

