

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



April, 2016

Heat Illness

Summer is fast approaching and temperatures are beginning to climb. To prevent heat-related illness please make sure to follow the guidelines below.

Preventing heat illness:

- Everyone responds differently to the heat. If you feel sick, tell your supervisor or site HSE
- Wear light colored, loosed fitting clothing
- Protect against the sun
- Frequently drink small amounts of water before becoming 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
- Change work/rest cycles to increase the amount of rest time.
- 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 illnesses; use a buddy system.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose fitting clothes.

**See it,
own it!**

