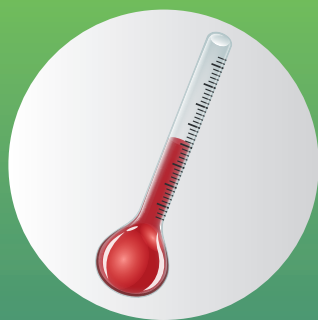


SAFETY



MONDAY

TOP 3 REMINDERS FOR WORKING IN THE HEAT



✓ **HYDRATION**

- It starts the night before work
- Start work fully hydrated, or you'll never catch up
- Dehydration can increase throughout the work week

TIP: Stay hydrated with a bottle of water at bedtime and another bottle of water when you wake up.



✓ **NUTRITION**

- Avoid the larger, heavier meals during the summer
- Smaller, more frequent meals throughout your workday
- Lighter meal options like fruit, vegetables, sandwiches

TIP: No "monster burritos" or double cheese-burgers.

✓ **REST**

- Take your lunch/breaks
- Get your sleep
- Recover between work shifts

TIP: Recharge your body.

