

SAFETY



MONDAY

With Springtime here and Summertime rapidly approaching, it is critical we inform and train our employees the importance of hydration, rest, and shade.



PROPER HYDRATION

- ✓ Fill up on electrolytes
- ✓ Check your Urine (Should be a Pale Yellow)
- ✓ Hydrate before, during, and after your workday
- ✓ Drink no less than 3.7 liters of water daily
- ✓ Place a cool rag around your neck if you are feeling tired or weak due to heat exhaustion.



REST & SHADE

- ✓ No less than 7 hours of sleep per day
- ✓ Take occasional breaks while on route
- ✓ Relax under a tree for shade or find a cool place to take a 15-minute break twice a day

With the physical demands of our jobs, it is important to make sure your health comes first. Hydrate properly every day, get enough sleep every night, and take breaks when needed.

Your health is the key to a safe and effective work environment.



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