

SAFETY**MONDAY****CAUTION****WATER, REST,
SHADE**DON'T WORK
WITHOUT THEM

Spring is in the air and with that comes sunburn, heat exhaustion, and dehydration. If you are not careful enough to take proper steps on keeping your body protected, you can end up burnt and burnt out. When temperatures reach 80 degrees, with or without a humidity level, your body will begin to sweat. The higher the temperature or humidity, the longer it takes for the sweat to evaporate. This makes you heat up and prevents your body from cooling down. If you do not cool down your body, Heat Exhaustion or Heat Stroke can be reached, so make sure to drink plenty of water or remove yourself from the heat.

As a supervisor, manager, or business owner, you must observe the daily temperatures of employee work sites, ensure employees are supplied with ample water to hydrate themselves, and offer an extra break in extreme temperatures when possible. Make sure employees have coverage from direct sunlight, especially in their jobs force them to be outside for hours on end. But again, most importantly, please make sure employees have access to drinking water. Sometimes electrolytes are needed along with water to ensure proper hydration.

As an employee, you are responsible for properly communicating issues that may arise with your team and supervisors. Properly dress for the day with breathable, lightweight clothing when working in hot and humid weather, and drink at least 4 cups of water every hour throughout the day. You must protect yourself and keep an eye out for your team members as SAFETY works best in teams. Make sure to study and understand the early warning signs of overheating to foresee these symptoms before they occur.

[Download the OSHA Heat Safety Tool on your Phone](#)



Content Provided By:

Christopher Bergacs
Director of Safety

Compliance | Screening | Safety

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