

SAFETY



MONDAY

Water. Rest. Shade.



**HELLO FRIEND,
YOU SHOULD
DRINK
MORE WATER**

- ✓ Hydration starts the day before work
Be sure you are properly hydrated - don't wait till you're thirsty to drink water and eat water-rich fruits and vegetables
- ✓ Be Fit for Duty – Get plenty of rest with a healthy diet
- ✓ Be consistent with your sleep habits, try to get the same amount of sleep each night, maintain a regular wake up time, even on the weekends
- ✓ If you start to feel symptoms of heat exhaustion, seek shade immediately
- ✓ Protect yourself daily with sunscreen, headwear, and eye protection



The work can't get done without them.

WATER. REST. SHADE



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