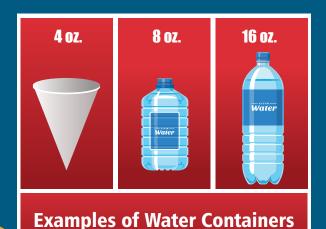


# SAFETY MONDAY





# HELP PREVENT HEAT ILLNESS WITH 3 SIMPLE STEPS

### WATER

How do I know if I am staying hydrated? Do not wait until you are thirsty to drink water. OSHA recommends 4 8oz cups of water per hour. Employers should have water replenishment procedures in place for workers throughout the day. Provide suitably cool, clean, pure drinking water.

# **✓** REST

Limit or reschedule strenuous work activities in high heat conditions.

Perform these activities as possible in cooler parts of the day.

Take rest and recovery breaks as needed.

# **✓** SHADE

Workers should be given a shaded cool location where they can take their breaks and recover from the heat

Outdoors, this might mean a shady area, an air-conditioned vehicle, a nearby building or tent, or an area with fans and misting devices.

Supervisors must always encourage workers to follow these three important steps daily.

**Brought to You By:** 







