

**SAFETY****MONDAY**

## HELP PREVENT HEAT ILLNESS WITH 3 SIMPLE STEPS

**WATER. REST. SHADE**

4 oz.



8 oz.



16 oz.

**Examples of Water Containers****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.**

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