

JUNE 19, 2023



**SAFETY**



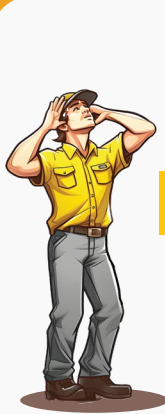
**MONDAY**

## Water. Rest. Shade. Repeat.

The temperatures are increasing. Protect yourself against heat related illnesses by following some simple tips.

- ✓ **Hydrate:** Hydration starts the day before. Be sure you are frequently drinking water. Don't wait until you're thirsty to drink water. Increasing the amount of water-rich fruits and vegetables is also helpful at keeping hydrated.
- ✓ **Be Fit:** Get plenty of rest each day and maintain a healthy diet.
- ✓ **Get Some Sleep:** Make sure you maintain consistent sleep habits. Get the same amount of sleep each night and maintain a regular wake up time, even on weekends.
- ✓ **Seek Shade:** If you start to feel symptoms of heat related illness, seek shade immediately.
- ✓ **Protect Yourself:** Add sunscreen to your PPE regimen.
- ✓ **Signs of Heat Illness**
  - Heavy sweating
  - Painful muscle cramps
  - Extreme weakness and/or fatigue
  - Nausea and/or vomiting
  - Dizziness and/or headache
  - Fainting
  - Pulse fast and weak.

*"Safety Rules are Your Best Tools"*



**Heat Exhaustion**



**Heat Stroke**



**RUMPKI**

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