

Summer Safety Checklist



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HEAT STRESS PREVENTION

- ☐ Drink plenty of water throughout the day. Water rehydrates your body better than other fluids such as pop or juice. Water at room temperature is absorbed into your system faster.
- ☐ Plan ahead. Try to plan the most physically demanding tasks for the coolest time of the day.
- ☐ Wear light, natural fiber clothing that will allow heat to escape.
- ☐ If you are working outdoors, wear a hat.
- ☐ Acclimatize yourself by gradually exposing yourself to the heat.
- ☐ Get out of the heat during breaks...