Summer Safety Checklist



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HEAT STRESS PREVENTION

Drink plenty of water throughout the day. Water rehydrates your body better the 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.
- lacksquare Get out of the heat during breaks...