

Keep your cool when temperatures rise.

Hot weather can make working outdoors uncomfortable and even dangerous. As your body heats up, so does the need for extra caution. Try these tips to help avoid heat-related illness.

Drink

Stay hydrated by drinking small amounts throughout the day:

- Drink water
- Drink electrolyte drinks
- Avoid caffeine, carbonation, fruit juices, sugar
- Do not wait to feel thirsty
- Avoid alcohol the night before working in the heat



Dress

Wear clothing that helps keep you cooler – and don't forget the sunscreen!

- Go for cotton and other breathable fabrics in light colors
- Choose hats with wide brims
- Wear full-coverage safety glasses with 100% UV protection
- Keep a shirt on
- Use sunscreen on all exposed skin
- Apply sunscreen 15-30 minutes before being in the sun



Do

Rethink the way you work as temperatures rise:

- Plan harder work for cooler times of day
- Plan lighter tasks when it's hottest
- Take breaks in shaded areas
- Rest frequently, especially in extreme heat
- Work in pairs to watch for signs of illness

