



June 2024 Safety

Beat the Heat on the Job Site!

As temperatures rise, so does the importance of staying cool and hydrated on the job.

- Hydration and Electrolyte Balance
  - Staying hydrated and replenishing electrolytes help from dehydration. Consider water, sports drinks, coconut water, or electrolyte tablets.
- Light Clothing
  - Wear lightweight, loose-fitting, and light colored to reflect the sun. Hats and sunglasses are an added layer of protection.
- Educate Yourself
  - Educate yourself and your team about the signs of heat related illnesses such as heat exhaustion and heatstroke. Symptoms include dizziness, rapid pulse, and confusion.

Hydrate, shade, and work smart.