SAFETY TIPS
# WORKING IN EXTREME HEAT

- ✓ STAY HYDRATED AND TAKE FREQUENT WATER BREAKS
- ✓ WEAR CLOTHING AND PROTECTIVE EQUIPMENT DESIGNED TO REDUCE HEAT STRESS
- ✓ IDENTIFY COOLING AREAS NEAR YOUR WORKPLACE
- ✓ RECOGNIZE SIGNS OF HEAT STRESS

## Working in Extreme Heat

Everyone can be impacted by extreme temperatures at work, especially if you work outside. Reduce your risk during a heatwave this summer with these prep tips:

- Stay hydrated and take water breaks (1 cup of water every 15 minutes)
- Wear clothing and protective equipment designed to reduce heat stress.
- Ask your employer where cooling areas are or identify one nearby.
- Know the signs of heat stress and illness.
- Keep an emergency kit in your vehicle that includes water, hydration packs, sunscreen, a change of clothes and other essential items you need when outside for extended periods of time.

Are you ready to beat the heat at work this summer? #BePrepared with tools and information for you and your coworkers on risk prevention in extreme heat.