NEVADA CONTRACTORS ASSOCIATION
ONE INDUSTRY. ONE VOICE.

HOT WEATHER ILLNESS PREVENTION

KNOW THE SIGNS

Vomiting

Rapid Heartbeat

No Sweating
Hot/ Red Skin

Dizziness & Headache

Unconsciousness

PREVENTION

Our area is know for its beauty AND extreme heat- SUMMERS ARE HOT and poses a real danger to many individuals who must work in these conditions.

AVOID

Avoid consuming sugary beverages such as soda and juice. Also avoid any alcoholic beverages.



REPLENISH

At least 16 oz per hour and electrolytes should be consumed.



EMPLOYEE SAFETY

Provide:

- hydration and drink stations
- cooling area
- cooling cloths for neck and head areas
- cooling vests
- buddy system to watch out for one another



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