

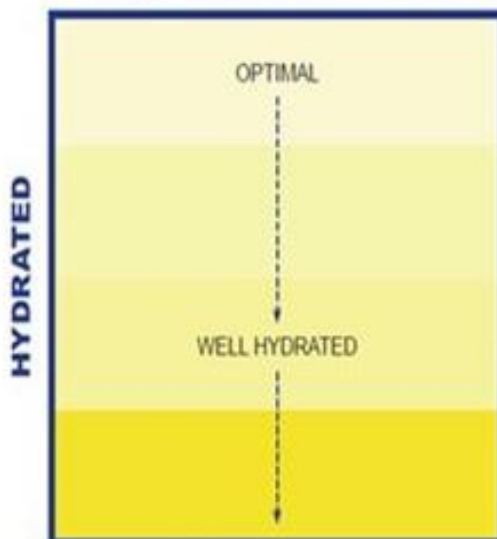
Heat Illness Prevention

Know the Hazards:

It's important to know the signs and symptoms of Heat related illnesses, and if you are properly hydrated. Tracking water consumption, monitoring your urine color, and knowing hazards related to the temperature and water consumption are all important to beating the heat!

Checking the color of your urine can determine whether you are well hydrated or not, use the Hydration Chart below to determine this.

Hydration Chart



Water Consumption Table

Heat Category	WBGT Index, °F	Easy Work	Moderate Work	Hard Work
		Water Intake (Quart/Hour)	Water Intake (Quart/Hour)	Water Intake (Quart/Hour)
1	78° - 81.9°	½	¾	¾
2	82° - 84.9°	¾	1	1
3	85° - 87.9°	¾	1	1
4	88° - 89.9°	1	1	1
5	> 90°	1	1	1

Heat Index
Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution Extreme Caution Danger Extreme Danger

Please discuss this with your crew and ask them to identify 5 hazards and precautions associated with Heat Illness / Heat exhaustion hazards, then flip the page over and see if they identified the same things as we did. Challenge them to identify the hazards before flipping this over.