



Work Safely in the Summer Heat

Water. Rest. Shade.
Drink water every 15
minutes, and take
frequent breaks in
shaded or air
conditioned areas.



Strenuous physical exertion increases body heat & risk of heat related-illness. Recognize that serious heat-related illnesses can occur on normal summer days, when temperatures are not extreme.

Increase ventilation, use cooling fans, & whenever possible work or limit physical activities at a cooler time of the day.

