



# HEAT SAFETY CHECK

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## TAKE TIME TO ACCLIMATE

- Work shorter shifts until your body has adjusted to the heat.

## STAY WELL HYDRATED

- Drink water often, before you get thirsty.
- Avoid sweetened beverages.
- Keep a water bottle with you.

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## TAKE TIME TO REST & COOL DOWN

- Sit somewhere cool, rest, and rehydrate frequently.
- Take short frequent breaks vs long few breaks.

## DRESS FOR THE HEAT

- Wear light-colored, loose-fitting clothing.
- Wear a hat and sunglasses if available.

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## WATCH FOR THE SIGNS

- Designate a buddy and ask how they feel periodically.
- Educated yourself on heat illness symptoms.
- Do the pinch test.