

10 Tips to Beat the Heat Infographic



10 TIPS TO BEAT THE HEAT INDOORS

Heat illness is preventable! Staying cool indoors is a must when trying to work at your best effort. Follow these tips to stay cool inside the workplace.

ACCLIMATIZE

Get used to the heat
before it gets you!



EMERGENCY PLAN

Have procedure ready
before emergencies happen

WATCH HEAT

Monitor the
environment for 85°



WRITE IT DOWN

Have written steps in
place and add to IIPP

DRINK UP!

Be sure to drink a quart
of cool water per hour



TRAIN MANAGERS

Have supervisors trained
and ready to act on plan

PLAN FOR REST

Use WBGT and
workload calculations



TRAIN EVERYONE

Help all employees
recognize warning signs

COOL DOWN

Use designated cool
areas, wet towel, fan



OBSERVE & ACT

Don't wait – keep
employees safe!

EMERGENCY? Call 911

Know the symptoms of heat stress. Stay hydrated.
Be on the lookout for signs of heat related illness.
Don't wait, act on heat stress immediately!
Learn more at icwgroup.com/safety

