10 Tips to Beat the Heat Infographic



10 TIPS TO BEAT THE HEAT

INDOORS

ACCLIMATIZE Get used to the heat





EMERGENCY PLAN

WATCH HEAT Monitor the environment for 85°





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

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

