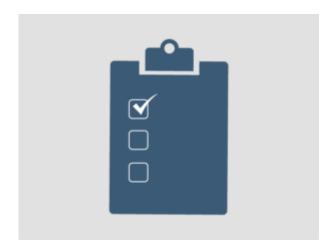
Summer Safety Checklist



☐ Get out of the heat during breaks...

Summer Safety Checklist

HEAT STRESS PREVENTION

☐ Drink plenty of water throughout the day. Water rehydrates your body better
than other fluids such as pop or juice. Water at room temperature is absorbed into your system faster.
$oldsymbol{\square}$ Plan ahead. Try to plan the most physically demanding tasks for the coolest time of the day.
lacksquare Wear light, natural fiber clothing that will allow heat to escape.
lacksquare If you are working outdoors, wear a hat.
☐ Acclimatize yourself by gradually exposing yourself to the heat.