



S.A.F.E. Newsletter



Heat SAFETY

Steps for Working Safely in the Heat

For more information, visit the National Safety Council website.



Stay hydrated by drinking plenty of water and avoiding alcoholic or caffeinated beverages.



Wear light-colored, loose-fitting clothing made of breathable fabrics, such as cotton or linen.



Take frequent breaks in a cool or shaded area, especially during the hottest parts of the day.



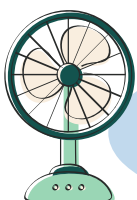
If you feel overheated, use cool wet cloths or take a cool shower to lower your body temperature.



Use sunscreen with a high SPF and wear a hat to protect your skin and eyes from the sun.



Avoid strenuous activity during the hottest parts of the day and schedule work for cooler times of the day.



Use fans or air conditioning to cool your workspace or living area.