



Summer Heat Safety



Summer is here! Follow these OSHA and NIOSH recommendations to stay safe in the heat:

- Wear light-colored, loose-fitting, breathable clothing such as cotton. Avoid non-breathing synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take breaks in the shade or a cool area when possible.
- **Drink water frequently. Drink enough water that you never become thirsty. Approximately 1 cup every 15-20 minutes.**
- Avoid drinks with large amounts of caffeine or sugar.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.
- Monitor your physical condition and that of your coworkers.
- Rotate tasks when possible so that no one person spends the whole shift doing the hottest or most stressful work.
- Wear a hat and sunglasses to protect your head, neck, and eyes.
- Move into the shade if you feel ill:
 - Dizzy, faint, weak
 - Nausea, vomiting
 - Headache, cramps
 - Sweating, rapid heart rate

If you choose to wear sunscreen, please bring your own from home and refrain from sharing with other people.