

TOOLBOX TALK #50

STAY SAFE WORKING IN THE HEAT

Will you be working in hot conditions? You'll need to take steps to protect yourself from the heat.

First, know the warning signs of heat-related illness:

- Thirst
- Fatigue
- Sore or painful muscles or cramps
- Dizziness/headache
- Nausea
- Low abdominal pain



Next, remember these tips for working safely in the heat:

- Check the weather beforehand.
- Wear lightweight, light-colored, loose-fitting clothes and a hat. Consider wearing water-dampened or reflective clothing or cooling vests.
- Take breaks in air-conditioned or cool, shaded areas.
- Wear sunscreen and reapply it every two hours.
- Drink 1 cup of water or an electrolyte beverage every 15-20 minutes, even if you aren't thirsty.