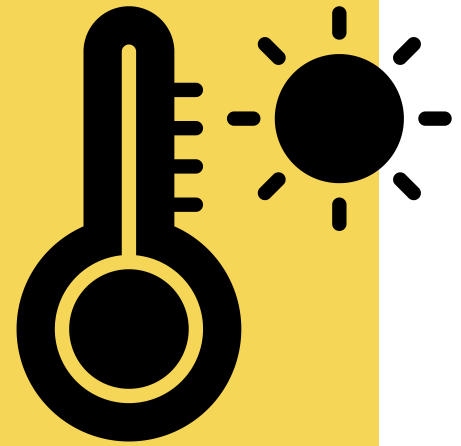


Injury Prevention

BEAT THE SUN - HEAT SAFETY



INDIVIDUAL SAFETY

- **Hydrate, Hydrate, Hydrate:** The CDC says to drink 24-32 oz every hour, but no more than 48 oz per hour. Make sure you hydrate before & after you are working in the sun.
- **Wear Clothing That Protects:** Hats, loose-fitting long-sleeves, sunglasses, and try to stay away from black-colored clothing.
- **Have Sunscreen on Hand:** Make sure you are using an SPF of 30 or above.
- **Take Scheduled Breaks:** Make sure you sit in the shade or go inside a building with air conditioning.

GROUP SAFETY

- **Work Buddy:** Make sure you keep an eye on your co-workers to see if you can detect signs of heat exhaustion or other heat illnesses. Signs include
 - Rash that has bumps on the skin
 - Muscle spasms
 - Headache, fatigue, or fainting
 - Constant thirst or nausea
- **Know How to Take Action:** If your co-worker is having these symptoms, treat as early as possible. Have them rest in a cool area, use ice packs, and have them drink water. If the conditions do not improve, seek medical attention.
- **Have an Emergency Plan:** Make sure you talk with your supervisor about what the emergency plan is. Also, make sure you know where you are working at all times in case you need to call 9-1-1.