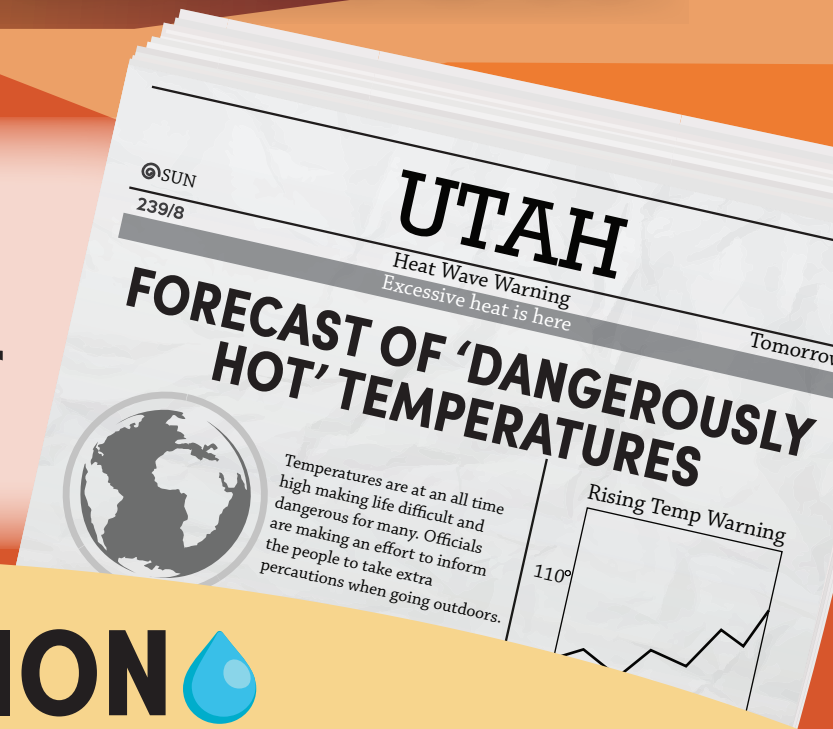


HOT WEATHER ILLNESS PREVENTION



Headlines seemingly did nothing to prevent **HEAT-RELATED DEATHS** in our local construction community.



PREVENTION

Our area is known for its beauty AND extreme heat – SUMMERS ARE HOT and poses a real danger to many individuals who must work in these conditions.

AVOID

Avoid consuming sugary beverages such as soda and juice. Also avoid any alcoholic beverages.



REPLENISH

At least 16 oz per hour of water and electrolytes should be consumed.



KNOW THE SIGNS



VOMITING



RAPID HEARTBEAT



NO SWEATING
HOT / RED SKIN








DIZZINESS & HEADACHE



UNCONSCIOUSNESS

EMPLOYEE SAFETY

Provide:

-  hydration and drink stations
-  cooling area
-  cooling cloths for neck and head areas
-  cooling vests
-  buddy system to watch out for one another



ONE HEAT RELATED DEATH IN OUR INDUSTRY IS ONE TOO MANY!

Are you hydrated?
CHECK IF "URINE" THE CLEAR

 CLEAR to BRIGHT YELLOW

 ORANGE/AMBER
Moderate or severe dehydration

 TEA-COLORED
Severe dehydration

Contact your supervisor immediately!



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