



Heat illness injury prevention tips

Monitor the weather forecast and plan ahead for extreme heat.

Check equipment and fluid levels daily, before starting work.

If possible, schedule the heaviest work during the coolest part of the day.

Acclimatize new workers (and any workers who have been off the job for two weeks or more) to the heat by using the 20% Rule.

Provide a cool, shaded area for workers to rest.

Require workers to rest for at least 10 minutes every two hours.

Provide more frequent breaks for newer employees and those unaccustomed to the heat.

Provide cool water and electrolyte drinks to workers.

Encourage workers to drink at least 8 ounces of water every 20 minutes when they're working in the heat.

Encourage workers to wear sunscreen, hats, and breathable, light-colored clothing.

Train workers to recognize the signs of heat exhaustion, illness, and injury.

Make sure there's at least one employee at each job site who's trained to treat heat illness and injury.

Keep a first aid kit and supplies to treat heat illness on each job site (e.g., cold packs, thermometer, electrolyte tablets, emergency blanket).

Consider implementing a buddy system, particularly for newer workers.

Create an emergency response plan for heat illness incidents.

