



SAFETY TIPS FOR WORKING OUTDOORS IN SUMMER HEAT & HUMIDITY

The hot, humid days of summer can spell trouble for those who work outdoors in direct sunlight, making them susceptible to heat-induced illnesses such as heat stress, heat exhaustion or the more serious heat stroke. Please follow the guidelines below and stay safe!

1. Drink plenty of water and avoid caffeinated or alcoholic beverages that can dehydrate the body.
2. Wear light weight, light colored, breathable clothing.
3. Wear a hat to protect from direct sun exposure.
4. Wear a waterproof sunscreen and reapply frequently.

Courtesy of:



1-800-874-6204