STAYING HYDRATED ON THE JOB

4 KEYS: PREPARE, WATER, REST, SHADE

• CHECK the heat forecast for the day and prepare
• WEAR clothes and protective gear to keep you cool
• CONSIDER water-dampened or reflective clothing, cooling vests
• WEAR sunscreen and sun-shading hats when possible
• DRINK plenty of fluids before work and throughout the day. Avoid caffeine
• TAKE scheduled rest breaks in air-conditioned or cool, shaded areas
• REMOVE unneeded protective equipment while on break
• BE A “BUDDY”— watch for co-workers’ heat-related illness symptoms

Call 911 immediately for heat-related illness (HRI) and give first aid until the ambulance arrives.

FACTS
Dehydration Can Happen Anywhere
HRI are not exclusive to people working outdoors — many indoor workers are exposed to extreme heat, leaving them susceptible to dehydration and heat stress.

For more information on this and other safety topics, please log on to the member-exclusive website at nsc.org
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