

# BEAT THE HEAT, CARE FOR OTHERS



## WATER

### Do's

- drink 1 cup (8 oz.) of water every 15-20 minutes
- Drink sport water if exposed to excessive heat

### Don'ts

- Do not drink too much water at once
- Avoid alcohol and caffeine at workplaces

## REST/ SHADE

- Take frequent-short breaks
- Rest at shaded and ventilated areas

- Do not skip breaks
- Do not rest in areas with poor ventilation/under direct sunlight

## COMMUNICATE

- Communicate with your co-worker
- Notify your supervisor if you see signs of heat stress

- Do not work alone when exposed to extreme heat
- Do not ignore signs of heat stress