



# STAYING SAFE IN THE HEAT

Following these guidelines can help you to stay safe if affected by extreme weather conditions.



## WATER

**Proper hydration is critical in preventing heat related illnesses.**

- Shorter jobs: Drink at least one cup (8 ounces) of water every 20 minutes while working in the heat.
- Longer jobs: Consuming electrolyte-containing beverages, such as sports drinks, when jobs last longer than 2 hours is crucial to remaining hydrated.



## REST

**When heat stress is high, you should be taking breaks—with the length increasing as heat rises.**

- Break length and frequency factors:
  - Break location
  - Environmental heat and physical activity levels
  - Individual's personal risk factors



## SHADE

**It's important to take breaks and recover from the heat in a cool location during extreme weather conditions.**

- Outdoors: A shady area, air-conditioned vehicle, nearby building or tent, or an area with fans and misting devices
- Indoors: Cool or air-conditioned area away from heat sources such as ovens and furnaces



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