



Heat Illness Prevention



Hydration

Provide icy-cold water and/or electrolyte replacing beverages in close proximity to every worker

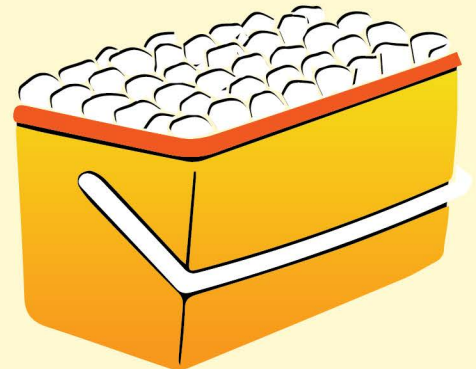


Heat Acclimatization

Ease new workers or workers returning from an extended absence into hot conditions gradually, increasing exposure slowly over a 5 to 7 day period.

Body Cooling Stations

Provide cool areas for resting at break and mealtimes. These should include icy-cold drinks and coolers full of ice and towels for hydration and body cooling inside and out.



Emergency Preparations

Cool First, Transport Second in a heat illness emergency including cold water immersion or application of ice and cold towels to cool the victim to a safe temperature before transportation to the hospital by EMTs or others.