

Heat Illness Prevention Fact Sheet

Water

- Personnel should drink 4-cups of water per hour
- Drinking water must be accessible to every working person.
- Have a location near your job site where you can refill your water container.
- Personnel to maintain regular fluid intake; drink water even if you aren't thirsty.

Note: Avoid soda and other drinks with high sugar content.



Rest

In the event you feels discomfort from the heat, accommodating a recovery period to allows you to cool down and prevent the onset of heat illness. Consult with your supervisor for rest periods.



Shade

- Provide shade when temperatures exceed 80°F.
- Position shade nearby work area or Position shade directly over work areas.
- This may be going into the nearest building for shade.
- This may also be in your vehicle.

Note: Resting in your vehicle please have the Air Conditioner.

