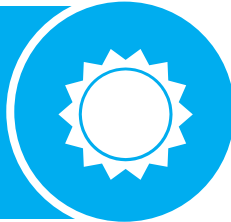


10 TIPS TO BEAT THE HEAT

INDOORS

Heat illness is preventable! Staying cool indoors is a must when trying to work at your best effort. Follow these tips to stay cool inside the workplace.

ACCLIMATIZE
Get used to the heat
before it gets you!



EMERGENCY PLAN
Have procedure ready
before emergencies happen



WATCH HEAT
Monitor the
environment for 85°



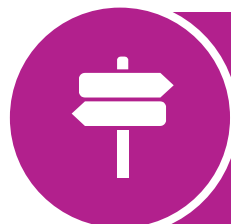
WRITE IT DOWN
Have written steps in
place and add to IIPP



DRINK UP!
Be sure to drink a quart
of cool water per hour



TRAIN MANAGERS
Have supervisors trained
and ready to act on plan



PLAN FOR REST
Use WBGT and
workload calculations



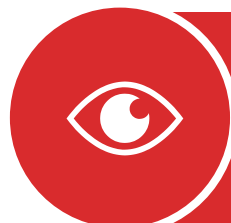
TRAIN EVERYONE
Help all employees
recognize warning signs



COOL DOWN
Use designated cool
areas, wet towel, fan



OBSERVE & ACT
Don't wait – keep
employees safe!



EMERGENCY? Call 911

Know the symptoms of heat stress. Stay hydrated.
Be on the lookout for signs of heat related illness.
Don't wait, act on heat stress immediately!
Learn more at icwgroup.com/safety