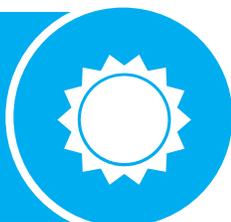


10 TIPS TO BEAT THE HEAT OUTDOORS



Heat illness is preventable! Staying cool outdoors is a must when trying to work at your best effort.

ACCLIMATIZE
Get used to the heat before it gets you!



EMERGENCY PLAN
Have procedure ready before emergencies happen

WATCH HEAT
Monitor the weather for heat conditions°



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



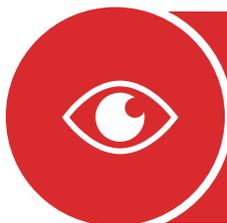
TRAIN MANAGERS
Have supervisors trained and ready to act on plan

ACCESS TO SHADE
Provide one or more areas close to worksite



TRAIN EVERYONE
Help all employees recognize warning signs

COOL DOWN
Use designated shade areas, wet towels, fans



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