

Stay Cool

Avoid heat stress

Avoid Heat Stress

- Know proper first aid procedures.
- Acclimatize yourself to the heat.
- Drink plenty of water before, during, and after you work in the heat, even if you don't feel thirsty.
- Avoid alcohol and caffeine.
- Schedule the more strenuous work for the coolest time of the day.
- Take frequent rest breaks in a cool, shady area
- Wear loose clothing that will wick the moisture from your skin.



Provided by ICW Group Workers' Compensation, Risk Management Services