

## HBACA Safety Committee

### Tool Box Talk #3

#### *Heat Illness Prevention*

### WATER, REST, SHADE



- **Water**

Being thirsty is an early sign that you are already slightly dehydrated. Drink enough water based on temperature and level of exertion. Avoid caffeinated and sugary beverages (Energy drinks, Coffee, Sodas, etc.)

Replace electrolytes when necessary (Gatorade, Pedialyte, Squenchers, etc.)

- **Rest**

Rest breaks are necessary to help cool the body. Rotate shifts for high exertion tasks. Pay attention to how you are feeling.



- **Shade**

Shade structures should be erected when no other shade is available for workers to gain relief from direct sunlight giving the body a chance to cool down.



### ACCLIMATE

- Make acclimatization a routine part of heat awareness preparedness.
- Gradually increase time working in the heat over a 7–14-day time span.
- For those new to outdoor work, time in the heat should increase in increments no greater than 20% per day.
- Even seasoned workers should take time to acclimate as the temperatures start to rise.