



OUTSMART THE SWELTER

5 SIMPLE WAYS TO **WORK SMART** IN THE HEAT

KNOW THE SIGNS // EASE INTO IT // KEEP ON CHUGGIN' //
BREAK IT UP // FIND YOUR CHILL

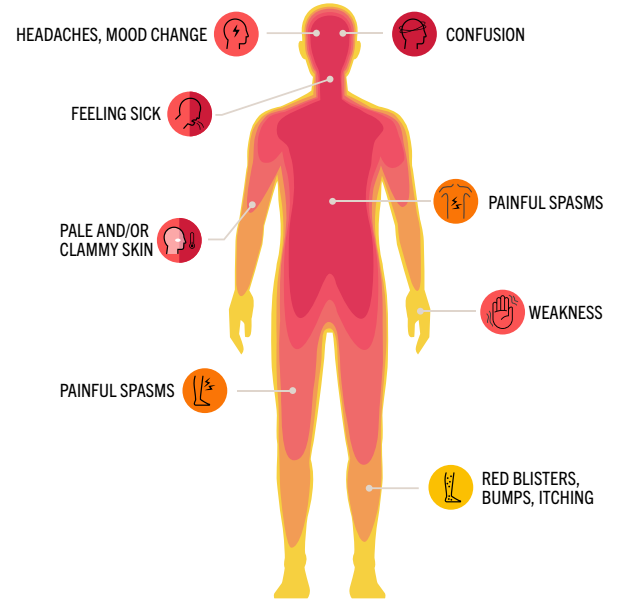
Carelessness, machismo and misinformation are at the center of thousands of heat-related injuries every year even though they're absolutely, positively, 100% preventable with just a little planning and brainpower.



1 KNOW THE SIGNS

HEAT-RELATED ILLNESS

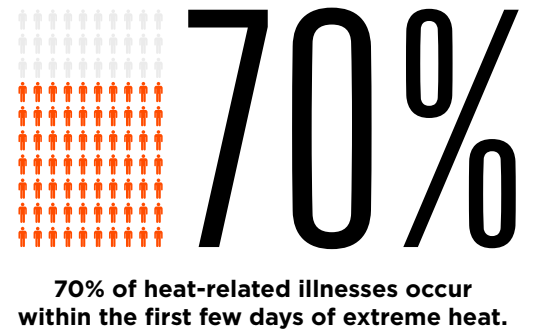
Any of these sound familiar? Find a shady spot + cool drink ASAP. Be on the lookout for co-workers experiencing any of these, too.



2 EASE INTO IT

HEAT ACCLIMATIZATION

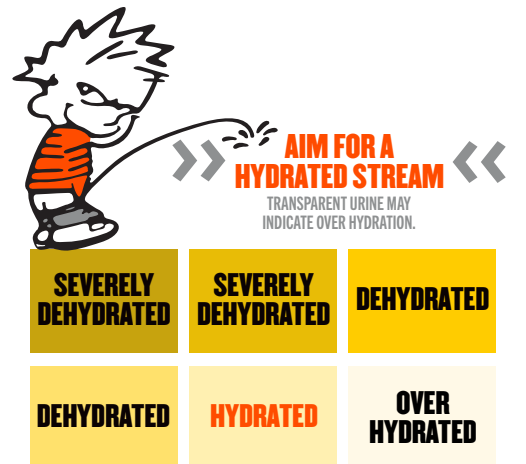
Ask your employer about acclimatization protocol (aka "easin' into it") if you're new, been off work for a while, or there's been an extreme shift in temp.



3 KEEP ON CHUGGIN'

HYDRATION

OSHA recommends workers gradually replace lost fluids with 5-7oz of water every 20 minutes. Urine color is your number one (Ha! See what we did there?) indicator of hydration levels.



4 BREAK IT UP

WORK-TO-REST RATIO

Setting the right working hours and breaks schedules for workers in the heat is critical. A supervisor on your staff should be actively enforcing these break times, and ensuring the break area provides shade and easy access to water.



5 FIND YOUR CHILL

BODY COOLING PPE

Along with the biggies of water, rest and shade, experts recommend cooling PPE (vests, towels, shirts, headbands etc) as a simple way to maintain safe body and skin temps throughout the shift.



VISIT [ERGO.ZONE/HEAT](https://ergo.zone/heat) TO GET SMART ON ALL THINGS HEAT STRESS, INCLUDING HOW-TO VIDEOS, TOOLBOX TALKS, COOLING PPE AND MORE.