



PROTECT WORKERS FROM HEAT ILLNESS

Develop a heat illness prevention and heat acclimatization program.

Allow workers to acclimate to heat through gradual increases in workload.

Provide training to educate workers about different types of heat illness and proper responses.

Provide ample amounts of cool water that is stationed close to the work area.

When possible, modify work schedules to avoid working in the hottest part of the day.

Arrange frequent rest periods with water breaks in shaded or air-conditioned areas.

Train a designated person to monitor heat index and protect workers who are at risk of heat illness.

Encourage light-weight, reflective clothing that protects skin and wicks away moisture.

When possible, prevent exposure to direct sunlight by providing shaded structures in work area.

Keep a cooler with cold water, wet cloths and other heat illness response resources readily available.