



#### WATER

- Personnel should drink 4-cups of water per hour
- Drinking water must be accessible to every working person.
- Have a location near your job site where you can refill your water container.
- Personnel to maintain regular fluid intake; drink water even if you aren't thirsty.

Note: Avoid soda and other drinks with high sugar content.



#### SHADE

- Provide shade when temperatures exceed 80°F.
- Position shade nearby work area or position shade directly over work areas.
- This may be going into the nearest building for shade.
- This may also be in your vehicle.

Note: If resting in your vehicle, please have the Air Conditioner turned on.



#### REST

In the event you feels discomfort from the heat, accommodating a recovery period to allows you to cool down and prevent the onset of heat illness. Consult with your supervisor for rest periods.

Be sure to follow the OSHA heat guides to prevent any heat exhaustion at work.

