



WORKING IN HOT ENVIRONMENTS SAFETY TIPS



Be Prepared

- ✓ Know the signs and symptoms of heat stress
- ✓ Drink plenty of water
- ✓ Make a plan with your supervisor for appropriate breaks in a cool place
- ✓ Select and inspect appropriate personal protective equipment (PPE)
- ✓ Loose fitting light coloured clothing
- ✓ Safety glasses
- ✓ Wide brimmed hat
- ✓ Special clothing may be required in some environments eg. Aluminized garment, cooling vest

Work Safe

- ✓ Work out of direct sunlight and move away from heat sources when possible
- ✓ Schedule strenuous work to cooler times
- ✓ Adjust work intensity
- ✓ Take regular breaks to cool down
- ✓ Add or adjust fans
- ✓ Drink plenty of water even if not thirsty
- ✓ Watch yourself and coworkers for signs of heat stress (Excessive sweating, dizziness, nausea)

Finish Right

- ✓ Clean, inspect and put away PPE
- ✓ Continue to drink water to ensure proper hydration
- ✓ Report any safety or health concerns to your supervisor
- ✓ Continue to monitor yourself for signs of heat stress



Speak up!

If you see a hazard, let a supervisor know.
Everyone plays a role in your safety and health.

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