



### Hydrate

Start your day hydrated and drink 1 cup (8 oz.) of water every 15–20 minutes throughout the workday, even if you are not thirsty.



### Acclimate

Gradually increase exposure to a hot environment and wear a hat and light-colored clothes.



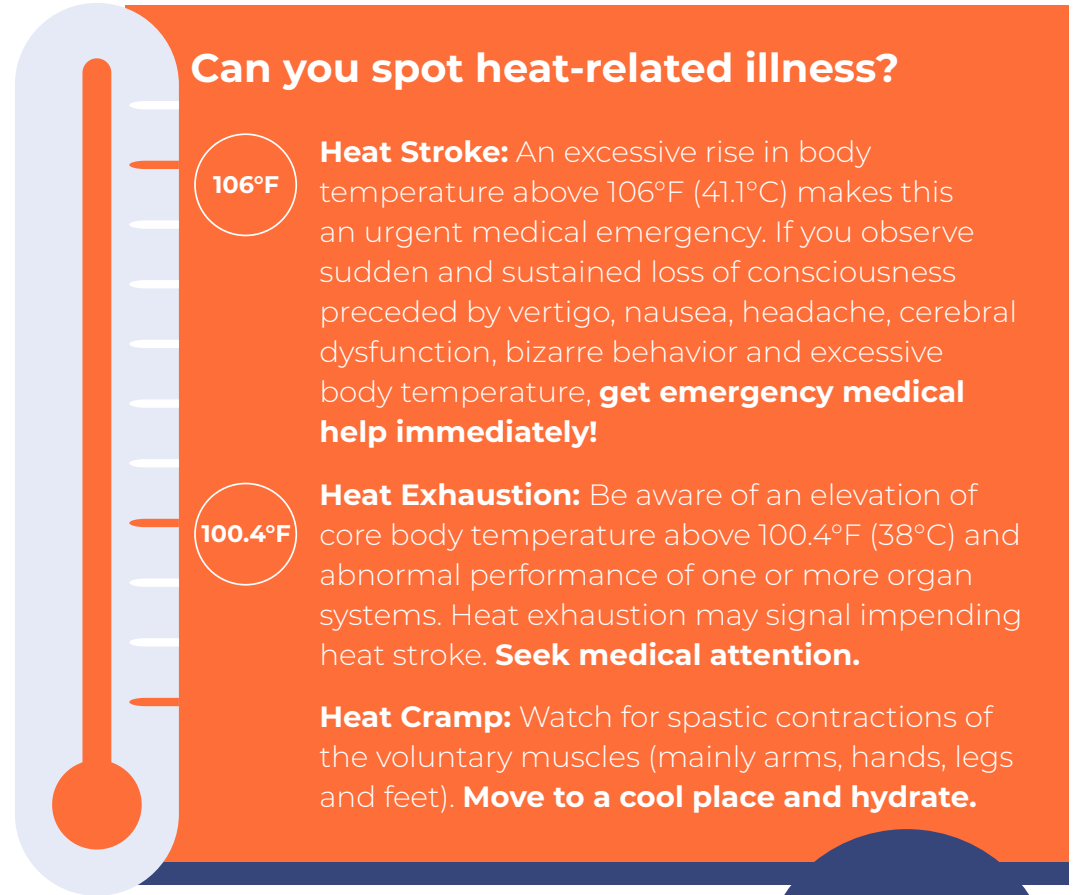
### Rest breaks

Modify work/rest periods to give your body a chance to get rid of excess heat.



### React

Learn to recognize the signs of heat-related issues in yourself and others. React quickly and decisively by reporting heat symptoms EARLY.



Reference: Centers for Disease Control and Prevention/The National Institute for Occupational Safety and Health (NIOSH)

NIOSH Criteria for a Recommended Standard: Occupational Exposure to Heat and Hot Environments