



SAFETY MONDAY

Special Edition: Stand Down Week

Follow this Daily Planning List for Use in Hot Weather

Water

- Is there plenty of fresh, cool drinking water located as close as possible?
- Are water coolers refilled throughout the day? (Has someone been designated to check and make sure water is not running low?)

Shade

- Is shade or air conditioning available for breaks and if workers need to recover?

Training

Do you know the:

- Common signs and symptoms of heat-related illness?
- Proper precautions to prevent heat-related illness?
- Importance of Heat Index?
- Importance of drinking water frequently (even when they are not thirsty)?
- Steps to take if someone is having symptoms?

If you answer "No" to any of these questions, ask your supervisor for help and information. Also, remember to read every issue of Safety Monday to learn more about critical tips to help keep you safe and healthy at work.

Reminders

- Drink water often
- Rest in shade
- Report heat-related symptoms early

