

1 Minute



4 Safety

Preventing Heat Stress

- Rule of thumb is drink one cup of water or other hydrating fluid every 15-20 minutes during heat stress conditions.
- Wear lightweight, light colored, loose clothing that allows free movement of cool air over the skin's surface.
- Use fans to help spot cooling.
- Make work demands lighter by taking frequent breaks in a cooler area, completing them over a longer time period.
- Schedule heavy work loads during the early morning hours when it's cooler and provide adequate water, rest and shade when $>85^{\circ}\text{F}$.
- Report to Health Services (B26, x6266) if you feel you are experiencing a heat related disorder or call the Fire Department (x7911).
- Visit PUB3000, Chapter 4 for more information on heat stress.

For questions contact Dan Best, EH&S Division (x7246).

