

All employees, especially those driving between visits or working outdoors—should take extra precautions to avoid heat stress, sun damage, and dehydration during times of elevated heat and humidity.

Employees and supervisors should be mindful and take notice of excessive sweating, thirst, fatigue, dizziness, nausea, cramps, confusion, and a rapid pulse.

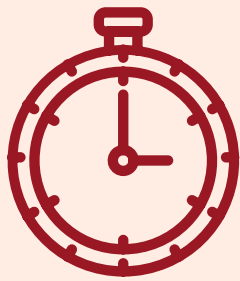
# Heat Illness Prevention



## Hydrate Early & Often

Start drinking water before your shift and keep a refillable bottle with you.

Aim for 8 oz every 20 minutes; add an electrolyte drink every 2-3 bottles.



## Schedule Smart Breaks

Take 5- to 10-minute cooling breaks each hour in shade or an air-conditioned vehicle/facility.

Consider staggering work to limit continuous outdoor exposure to ≤ 45 minutes.



## Dress to Protect

Lightweight, light-colored, long-sleeved clothing.

Broad-brim hat and UV-blocking sunglasses.

Broad-spectrum SPF 30+ sunscreen—reapply at least every 2 hours.



## Check the Buddy System

Work in pairs when possible; monitor each other for heat stress warning signs.



## Mind the Air Quality

Employees with asthma or other respiratory conditions should keep medication handy and move indoors at any sign of breathing difficulty.

## Staging Supplies

Consider working with supervisors to make sure cool water, electrolyte packets, sunscreen, and instant cold packs are stocked and accessible.



## Additional Best Practices

## Consider Tailgate Briefings

Review this alert with teams at the start of each task.



## Post-Shift Check-In

Confirm all staff have safely completed routes and have no lingering symptoms.



**Remember**, preventing heat-related illness is easier, and safer, than treating it. For questions or additional resources, contact your Trust Loss Control Consultant.