

Working Outside in Hot Weather

Working outside in the heat can increase your risk of heat stroke and other heat-related illnesses. To help prevent this, both employers and workers should familiarize themselves with tips for working outside in the heat:



Stay hydrated! Drink water every 15 minutes, even if you're not thirsty. You can also try an electrolyte-containing sports drink to replace lost nutrients. Avoid alcohol or liquids containing large amounts of sugar, which can dehydrate you.



Take breaks. Schedule more physical tasks for early in the morning when it's cooler and take frequent breaks in the shade.



Wear and reapply sunscreen as indicated on the package.



Wear a brimmed hat and loose, lightweight, light-colored clothing.



Spend time in air-conditioned buildings during breaks and after work.



Encourage your co-workers to take breaks to cool off and drink water.



Warning! If you feel faint or weak, STOP all activity and get to a cool place immediately.