

# SAFETY SERIES

# HEAT STRESS

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**WEAR CLOTHING AND PERSONAL PROTECTIVE EQUIPMENT (HAT, SUNGLASSES, ETC.)**



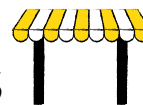
## July & August

are the top two months where heat related deaths and illnesses are highest.

**STAY HYDRATED, ENSURE A CLOSE WATER SOURCE**



**USE SHADE OR BARRIERS TO BLOCK OUT SUN OR OTHER HEAT SOURCES**



**USE COOLING UNITS AS MUCH AS POSSIBLE**



**90°F**

or higher temperatures for more than 3 consecutive days increases the risk.

**WEAR SUNSCREEN AND REAPPLY OFTEN**



## TOP 3

California is one of top three states where heat related illness and death are most reported.

**Post these strategies in a visible place such as a break room to serve as a daily reminder for employees. All supervisors must be vigilant and set a good example.**

Sources:

Copeland, Julie. *Beat the Heat: Keys to Protect Your Employees*. Arbill Safety Products, <http://www.arbill.com/arbill-safety-blog/10-toolbox-talkst>. Accessed June 11, 2019.

Center for Disease Control. *Heat-Related Illness*. [https://www.cdc.gov/pictureofamerica/pdfs/picture\\_of\\_america\\_heat-related\\_illness.pdf](https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_heat-related_illness.pdf). Accessed June 11, 2019.