



Weekly Safety Tip

Summer Safety Tips

Why Hydration Matters

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As we head into summer, let's keep our 'wellness focus' on the fundamental importance of **staying hydrated** – a crucial element to our overall well-being, especially as we become more and more acclimated to the hot weather. Here's why **hydration** matters so much:

Optimal Function: Water is the lifeblood of our bodies, impacting everything from regulating body temperature to flushing toxins. Think of it as the oil that keeps our internal machinery running smoothly.

Sharp Mind: Dehydration can lead to brain fog and reduced cognitive function. Imagine your brain trying to work its magic with low battery! Staying hydrated keeps you focused and thinking clearly.

Energy Levels: When dehydrated, you can feel sluggish and tired. Water keeps your energy levels up and helps you perform at your best, just like keeping your phone charged.



Signs & Symptoms

- Extreme thirst
- Less frequent urination
- Sluggishness or fatigue
- Dizziness or confusion
- Heart palpitations
- Dry mouth, lips, and eyes



Hydration Tips

- ☐ Drink up—be proactive and keep water nearby
- ☐ Use an eye-catching water bottle as a visual cue to hydrate
- ☐ Stay nourished with water-rich foods like watermelon and cucumber
- ☐ Infuse water with fruit overnight for an added pop of flavor
- ☐ Listen to your body and monitor for signs of dehydration

Just Remember

Dehydration can occur when the body loses more fluids than it takes in or does not have enough fluids to carry out its normal functions.

Hydrating as heat and humidity increases is vital for safety, and recognizing signs and symptoms of dehydration is the first step toward protecting yourself!

Be proactive, stay hydrated, and seek medical help if symptoms persist.

Weekly Safety Share



Creating A Heat Illness Prevention Plan

Heat-related illness can affect workers in many industries, at indoor or outdoor worksites. Some job-related risk factors include:

- Outdoor work in warm weather,
- Heat sources such as ovens, fires, or hot tar,
- Strenuous physical activity, and
- Heavy or non-breathable work clothes.

When these (or other) heat hazards are present, employers should plan ahead to protect workers.

Creating a Heat Illness Prevention Plan

To prevent heat-related illness, create a written plan that addresses these important elements:

- ☐ Who will provide oversight on a daily basis?
- ☐ How will new workers gradually develop heat tolerance?
- ☐ Temporary workers may be more susceptible to heat and require closer supervision.
- ☐ Workers returning from extended leave (typically defined as more than two weeks) may also be at increased risk.
- ☐ How will the employer ensure that first aid is adequate and the protocol for summoning medical assistance in situations beyond first-aid is effective?
- ☐ What engineering controls and work practices will be used to reduce heat stress?
- ☐ How will heat stress be measured?
- ☐ How to respond when the National Weather Service issues a heat advisory or heat warning?
- ☐ How will we determine if the total heat stress is hazardous?
- ☐ What training will be provided to workers and supervisors?
- ☐ Use tools available on the Federal OSHA website to help, like the table that follows:

TABLE: Heat Illness Prevent Plan by Heat Index Risk Level

Plan Element	Heat Index Risk Level			
	Lower (Caution)	Moderate	High	Very High/Extreme
Supplies (ensuring adequate water, provisions for rest areas, and other supplies)	✓	✓	✓	✓
Emergency planning and response (preparing supervisors and crews for emergencies)	✓	✓	✓	✓
Worker acclimatization (gradually increasing workloads; allowing more frequent breaks as workers adapt to the heat)	✓	✓	✓	✓
Modified work schedules (establishing systems to enable adjustments to work schedules)		✓	✓	✓
Training (preparing workers to recognize heat-related illness and preventive measures)	✓	✓	✓	✓
Visual and verbal monitoring (using direct observation and conversing with workers regularly throughout the day for signs of heat stress)		✓	✓	✓
Physiological monitoring (heart rate and/or core body temperature)			✓	✓



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