



# **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**



**SAFETY  
SHARE**

## **Share**

### **Creating A Heat Illness Prevention Plan**



# SAFETY & HEALTH SHARE

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





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