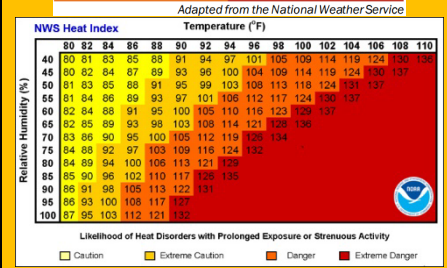
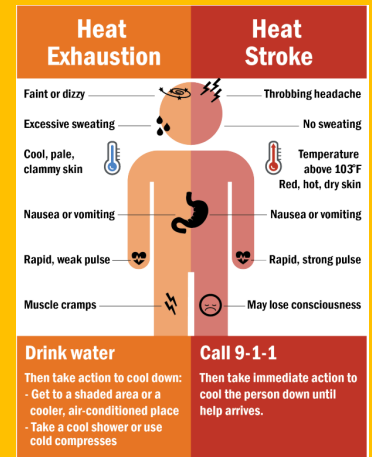




Heat Stress and Prevention

Heat illnesses are a real danger, even here. As we enter the summer months, we need to remind ourselves that many of us are exposed to heat on the job, outdoors, or in hot indoor environments. Outdoor operations conducted in hot weather and direct sun increase the risk of heat-related illness in exposed workers.

Stay Cool	<ul style="list-style-type: none"> Stay in the shade, in air-conditioning if you can, or in cool places. Wear lightweight, light-colored, loose-fitting clothing. Use fans, but don't rely on them as the only way to stay cool.
Stay Hydrated	<ul style="list-style-type: none"> Drink more water than usual, especially if you are active outdoors. Be proactive, don't wait until you are thirsty to drink water. Do not drink alcoholic and caffeinated beverages.
Stay Informed	<ul style="list-style-type: none"> Follow local weather and news reports. Sign up for weather alerts.
Listen to Your Body	<ul style="list-style-type: none"> Take it easy when it's hot. Limit outdoor work and exercise to the cooler parts of the day. Ask for help if you feel sick. Stop what you are doing if you feel faint or weak. Be more cautious if you have a chronic health condition.
Protect	<ul style="list-style-type: none"> Wear sunscreen and sunglasses. Wear a wide-brimmed hat. "Buddy System" - check in on fellow coworkers



For more information on heat stress prevention, please visit:

[Extreme Temperatures](#) | [Environmental Health and Safety](#) | [The University of Vermont \(uvm.edu\)](#)

[Hot Weather](#) | [Vermont Department of Health \(healthvermont.gov\)](#)

[What is the heat index? \(weather.gov\)](#)

Thank you for continuing a culture of workplace safety.