



## Beat the Heat

### Why This Matters

High temperatures can lead to dehydration, heat exhaustion, or heat stroke, which can be life-threatening. Managing heat exposure helps protect health and maintain safe work performance.

### Common Causes

- Prolonged work in hot environments
- Inadequate water intake
- Heavy or non-breathable clothing
- Lack of rest breaks in cool areas

### Practical Safety Actions

- Drink water frequently, even if not thirsty
- Take regular breaks in shaded or air-conditioned areas
- Wear lightweight, breathable clothing
- Acclimatize gradually to hot working conditions
- Watch for signs of heat stress in yourself and others

**Staying cool and hydrated helps prevent heat-related illnesses and keeps work safe.**

