

# STAYING HYDRATED ON THE JOB

## 4 KEYS: PREPARE, WATER, REST, SHADE

- **CHECK** the heat forecast for the day and prepare
- **WEAR** clothes and protective gear to keep you cool
- **CONSIDER** water-dampened or reflective clothing, cooling vests
- **WEAR** sunscreen and sun-shading hats when possible
- **DRINK** plenty of fluids before work and throughout the day. Avoid caffeine
- **TAKE** scheduled rest breaks in air-conditioned or cool, shaded areas
- **REMOVE** unneeded protective equipment while on break
- **BE A “BUDDY”**— watch for co-workers’ heat-related illness symptoms

**Call 911 immediately for heat-related illness (HRI) and give first aid until the ambulance arrives.**



### FACTS

#### Dehydration Can Happen Anywhere

HRIs are not exclusive to people working outdoors — many indoor workers are exposed to extreme heat, leaving them susceptible to dehydration and heat stress.



### Dehydration Symptoms

- Thirst
- Fatigue
- Muscle cramps
- Headache



For more information on this and other safety topics, please log on to the member-exclusive website at [nsc.org](http://nsc.org)

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