It's Getting Hot Out There!!!

During the month of June we explore what we can do to prepare for and protect your business and employees from extreme heat during the summer.

As a part of business continuity it is important to prepare your employees for extreme heat conditions with the following tips.

TIP 1

Gradually increase the time spent in hot environmental conditions over a 7–14 day period.

TIP 2

For new workers, the schedule should be no more than 20% exposure to heat on day 1 and an increase of no more than 20% exposure on each additional day.

TIP 3

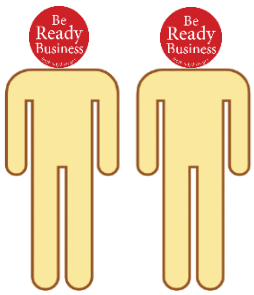
For workers who have had previous experience with the job, the acclimatization schedule should be no more than:

DAY 1	DAY 2	DAY 3	DAY 4
50% EXPOSURE	60% EXPOSURE	80% EXPOSURE	100% EXPOSURE

Set up a buddy system

Check your workers routinely to make sure...

- ☑ they make use of readily available water and shade.
- ☑ they don't have heat-related symptoms.



Most Importantly …

Encourage workers to drink plenty of fluids...

...such as drinking small amounts of water before becoming thirsty.

During moderate activity in moderately hot conditions, workers should drink about...

1 cup every 15 to 20 minutes.

For more information on keeping your employees safe during the summer months please follow these links. Occupational Heat Exposure, Protecting Workers From Heat Stress, Protecting Workers from Heat Illness

At no charge Be Ready Business can come to your business to help you increase your resiliency and safety. Please email lsisam@utah.gov for more information and support.