

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 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

Most Importantly ...

Encourage workers to drink plenty of fluids...

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



1 cup every 15 to 20 minutes.

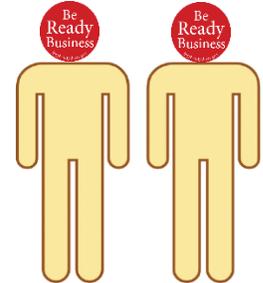
TIP 2

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.

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.



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.