



SAFETY SHARE: HEAT RELATED SAFETY

Ease into working in the heat. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work. Some symptoms include headache or nausea, weakness or dizziness, heavy sweating or hot, dry skin, elevated body temperature, and thirst.

Ways to Protect Yourself and Others

1. **Drink Cool Water:** Drink cool water even if you are not thirsty- at least 1 cup every 20 minutes
2. **Take Rest Breaks:** Take enough time to recover from heat given the temperature, humidity and conditions
3. **Find Shade or a Cool Area:** Take breaks in a designated shady or cool location
4. **Dress for the Heat:** Wear a hat and light-colored, loose-fitting and breathable clothing if possible
5. **Watch Out for Each Other:** Monitor yourself and others for signs of heat illness
6. **Change Your Face Covering:** If wearing a face covering, change if it gets wet or soiled. Verbally check on others frequently

SAFETY SHARE

First Aid Tips



1. Call 911 Immediately
2. Cool the worker right away with water or ice
3. Stay with the worker until help arrives
4. Remove unnecessary clothing
5. Move to a cooler area



Contact Us:



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