



Work Safe to Go Home Safe

Three Tips to Help Beat The Heat



Hydrate.

It's recommended to drink one cup of water every 15 to 20-minutes that you're working when it's hot.



Rest.

Taking breaks when it's hot outside helps us to cool our body temperatures.



Shade.

Cooling tents with misting fans or breakrooms with AC help to cool our body temperatures.

Remember, do it safely
or not at all.



Recycled Materials
Association

In partnership with OSHA's

