Picture This! Raise a Glass to Rising Temperatures



This is the season to be on guard for heat illness, especially when working outdoors under the scorching sun and in high humidity. It’s important for your workers to take periodic rest breaks in the shade, dress in loose, light clothing, wear hats and drink at least one quart (about a liter) of water every hour. Safety-conscious supervisors schedule more physically demanding tasks for cooler times of the day and always provide plenty of water and shade. Heat illness isn’t something to be taken lightly. People can easily suffer life-threatening consequences if they aren’t properly hydrated and their body temperatures spike. (Occupational Safety and Health Administration (OSHA))