

Beat the Heat!

SafeDE

PARTNERS FOR SAFE WORKPLACES

Office of Safety & Health Consultation

Hot Weather, Cool Tips

SafeDE's Advice to Prevent Heat Illness

Stay informed and take action to prevent heat illness with these essential tips:

Drink Cool Water
Drink at least 1 cup of cool water every 20 minutes, even if you're not thirsty.

Take Rest Breaks
Ensure you have enough time to recover from heat exposure based on temperature, humidity, and conditions.

Find Shade or a Cool Area
Take breaks in shaded or cool locations.

Dress for the Heat
Wear a hat and light-colored, loose-fitting, breathable clothing.

Watch Out for Each Other:
Monitor yourself and your coworkers for signs of heat illness.



Safe DE

Work Safe, Stay Cool

Don't Sweat it! Call **SafeDE** Today to protect your business.

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DELAWARE DEPARTMENT OF LABOR



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