

Keep Your Cool

Safety tips for working outdoors in the sun and extreme heat

When you work outdoors in summer, you must take steps to protect yourself from heat-related illness and the sun's harmful ultraviolet radiation (UV).



DRINK UP

Thirsty or not, drink plenty of water – a cup every 15 to 20 minutes. Avoid caffeine or alcohol which can dehydrate you.



ACCLIMATIZE

It takes time to adjust to working in heat. Work with your supervisor to gradually increase your work load and heat exposure.



COVER UP AND PROTECT

Wear light, loose-fitting clothing, UV rated sunglasses, and a wide-brim hat. Apply sunscreen with a Sun Protection Factor (SPF) of at least 30 and UVA / UVB protection. Re-apply every 2 hours and after sweating.



SHIELD FROM SUN

Set up shade structures or use umbrellas, buildings, or trees to shield you from the rays of the sun. You can get sunburn on a cloudy day.



TIME IT RIGHT

Avoid the sun and strenuous tasks between 11:00 a.m. and 4:00 p.m. when the sun's rays are strongest.



COOL OFF

Take breaks to rest and cool off in the shade or in air-conditioned buildings or vehicles. Don't over-exert yourself.