

Heat: Water, Shade, Rest

Heat builds up quietly across a shift and across a week. The body can lose water faster than thirst reports it, and the first real warning sign is often a man already in trouble.

TALK IT THROUGH

- Drink before you're thirsty. Small amounts often beats a jug at lunch. If you're not hitting the porta-john all day, you're behind.
- First hot week of the year is the most dangerous. Bodies need days to adjust. Ease the new guys and the returners in.
- Use the shade for breaks. Recovery in the sun isn't recovery.
- Energy drinks and heat are a bad pair. Water and electrolytes do the job.
- Heavy PPE holds heat in. Plan harder tasks for the cooler hours where the schedule allows.

WALK THE JOB

Find the water and the shade for this job. If the water station is empty or the shade is a rumor, fix it today.

ASK THE CREW

- ? Who's new to heat this year, first summer or back from time off?
- ? What's our hottest task this week and when are we doing it?

Reference: OSHA General Duty Clause, heat illness prevention guidance

SIGN-IN · this sheet is your record of the meeting. File it.

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