

## ***Safety is a Family Value!***

***I promise myself & my family I will work safely today!***

### **Daily Safety Emphasis**



**Gulf Coast  
Safety Council**



**RESPONSIBLE CARE®**  
OUR COMMITMENT TO SUSTAINABILITY

## ***“Be Cool – On and Off the Job”***

- ❖ Follow the tips below and be COOL this summer:
- ❖ **B**ecome acclimated ... when the heat first begins, when coming back from vacation, or just if you are used to working inside ... take time to get used to the heat.
- ❖ **E**stablish break schedules ... the body simply needs more recovery time when the temperatures are high ... also, use break times to observe for warning signs.
- ❖ **C**onsider heat in job planning ... plan strenuous jobs for early morning, provide air conditioned break areas, water in the work area, cool vests, job rotation, etc.
- ❖ **O**btain enough fluids ... break to drink small amounts of the right fluids frequently ... water or diluted electrolytes are best ... caffeine & alcohol increase water loss.
- ❖ **O**bserve for warning signs of heat stress ... excessive sweating or no sweating, red-flushed skin, cramps, nausea, weakness, rapid pulse, disorientation, etc.
- ❖ **L**imit time in non-permeable PPE ... non-permeable clothing (slicker suits, etc.) or just excessive weight of additional PPE adds to the body's stress.