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.

**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.

**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.

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