
Safety-Gram

Title 45, Chapter 11

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AS THE TEMPERATURES RISE, BE SAFETY WISE

Condition yourself for hot working environments.

Watch for signs of heat illness: cramps, exhaustion, stroke; hot, dry, red skin is a sign of heatstroke.



Drink plenty of water. You can lose up to a gallon an hour on hot humid days with heavy physical activity.

Check yourself and children thoroughly for ticks.

Use insect repellent and apply as directed.

Always wear a life vest when in or around water.

Never swim in mine quarry ponds or lakes.

Always carry adequate first aid supplies.

Use sunscreen.

Wear light weight, light colored clothing, hats and sunglasses when working out in the sun.

