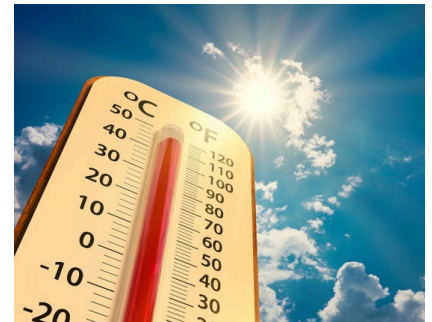




Warmer Weather Preparation – Week of: Date 5/12/24 - 5/18/24

Warmer weather, and even hot weather is coming, and it will be here quicker than we think. This change will take time for all of us to adapt. We are entering into the second full week of May, and even though it seems the cold weather still has a grip, the seasonal temps will establish themselves, and we need to prepare and think about working in the warmer temperatures now.



A more detailed plan and information, including temperature charts, dehydration charts, and how to read, and act to overheating and heat stroke, can be found in the [Brieser Safety Manual Section 17, Heat Illness Prevention.](#)

Please review and utilize the information found in there.

Our bodies are accustomed to these cooler temperatures we have worked in for the past 6 or 7 months now, and even though we have seen short respites from the cooler temperatures and have seen a couple 80-degree days, we will not be prepared for the warmup that is right around the corner.

Here are some quick tips on how you can prepare yourself and help your body acclimate to the changing weather:

- **Hydrate-** Water, water, water. Drink plenty of fluids, even starting the day or night before you know it will be warm and you will be perspiring. Electrolytes will work as well, in association with the water. Try to avoid energy drinks, too much caffeine and sugar in those.
- **Plan your work and activities.** Schedule breaks, have water available, discuss staying cool and hydrated with your crews before starting. Possibly plan more physical activities for a cooler day.
- **Monitor yourself and each other.** Stop and take a break, sit in a cool, shady spot, drink water, or whatever you need to do if you feel you are tiring or overheating. Look out for your coworkers, note any changes in their behavior and communicate with them if needed.



These are just a few things we can do to help our bodies and each other prepare and become accustomed to the warmer weather for the next few months.



