

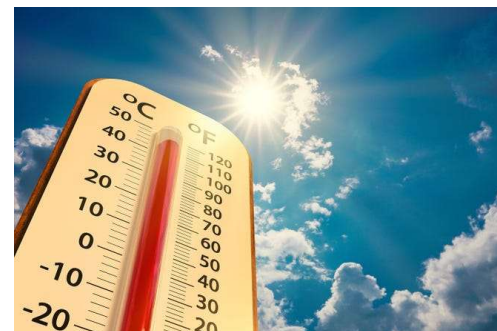


Hot Weather – 6/21/26 - 6/27/26

Very uncomfortable working conditions are facing us this week.

Here are some quick tips on how to prepare, manage, and respond to hot weather conditions.

- 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.
- If overheating occurs with one of your coworkers, assess the situation and react as necessary to get that person cooled down and hydrated immediately. Call emergency services if warranted.



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.](#)





SAFETY MEETING SIGN-IN

Date _____ Topic Hot Weather
Location _____
Trainer _____
Start Time _____ End Time _____

Print Name	Signature

Signature of Trainer: _____

SCAN	SAFETY/TOOLBOX TALKS/TRAINING/MMDDYY TRAINING CERTIFICATION
------	---

