

Safety Brief

ENVIRONMENTAL HEALTH AND SAFETY



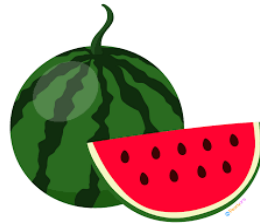
Things are Heating Up

As we are rapidly approaching Summer's Peak, it is important to take preventative measures and be aware of the risks of dehydration and unhealthy habits. Here are a few tips to staying healthy while enjoying the heat:



Drink Water

Stay hydrated and don't wait until you are thirsty, our bodies are made up to 60% water!



Make Use of Seasonal Produce

Avoid eating hot and heavy foods, and strive for fruits and vegetables that have high water content.



Stay Cool

Find air conditioning if possible and try to take breaks in cooler areas if working outside.



Look out for Heat

Ensure that your fellow employees are taking the proper actions where heat is overwhelming.



Know Before you Go

Know and understand the signs of heat related illnesses before long-term exposures.



Dress Light

Wear bright and loose-fitting clothing to reflect any heat.



THE OHIO STATE UNIVERSITY

Facilities Operations and Development
ehs.osu.edu
614-292-1284