



## TOPIC: REST

Since heat impacts people differently, you should take advantage of your opportunities for rest at work. Listen to your body and don't push yourself beyond your limits. Ideally, you'll have access to cool, shaded areas near the worksite.

### // CONSIDER WORK-TO-REST RATIO FACTORS SUCH AS:

- » Daily temperature
- » Amount of work in direct sunlight
- » Work intensity
- » Cooling clothing and PPE

### // WHEN YOU'RE OFF THE CLOCK, YOU SHOULD:

- » Rest in a cool environment
- » Continue to hydrate
- » Avoid spending more time in the heat

There's always a job to be done, but you won't be able to finish what you started unless you take advantage of mandated breaks and get the rest you need to recover for your next shift.

DISCUSSION DATE: \_\_\_\_\_

EMPLOYEE PARTICIPANTS:

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*Toolbox Talks are intended to facilitate worksite health and safety conversations. For more Toolbox Talks, please visit [www.ergodyne.com/blog](http://www.ergodyne.com/blog)*