TOOLBOX TALKS » HEAT STRESS » BEYOND "WATER. REST. SHADE."



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TOPIC: SHADE	DISCUSSION DATE:
Let's face it: You probably do a better job when you're rested and cool because you have more energy, better focus and quicker movements. One way to make sure you're comfortable is to take regular breaks and meals in shade, so Mr. Sun doesn't sap your energy as you rest.	EMPLOYEE PARTICIPANTS:
// IF POSSIBLE, TAKE YOUR BREAKS UNDER:	
» Canopies	
» Umbrellas	
» Roof overhangs	
» Other temporary structures	
// OTHER WAYS TO BE MADE IN THE SHADE:	
» Wear wide-brimmed hard hats, hard hat brim shades and lightweight clothing	
» Wear fast-drying clothes, so sweat evaporates quickly	
» Apply sunscreen	
Utilizing a combination of natural and temporary shade devices can shield you from harmful UV rays and help you stay stronger for longer on the job.	

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