Make workers aware about the dangers of working in a hot environment.

Educate workers to know how to spot signs of heat-related illnesses.

Keep workers aware of weather and work conditions with increased risk.

Provide cool beverages and advise workers to avoid dehydration by drinking lots of fluids during their shift.

Educate workers about the possible effects of medications and comorbid diseases when exposed to heat for long periods of time.

Start small but gradually increase the time of exposure to heat over several days to slowly acclimatize workers to the hot environment.

Let workers work in pairs or groups (buddy system).

As much as possible, schedule work on the coolest part of the day.

Regularly monitor weather conditions. High humidity or poor air quality may increase the risk of working outside. If the conditions are hazardous, it’s best to cancel non-essential work such as repairs and maintenance.

Make sure workers have proper, air-conditioned shelters to stay in during breaks.

Assign workers with health conditions or medications to duties that minimize risk of heat-induced diseases.

Ensure your workers have a means of communication during emergency situations.

Provide enough shade to cover the worksite to minimize prolonged exposure to direct or reflected sunlight.

Allow workers to do work at their own pace. Be sure workers take regular breaks to cool off.

Stress the importance of protecting the skin from heat. Advice them to wear proper clothes and sunblock.

Provide a sweat barrier for those operating critical machinery to prevent sweat from getting into their eyes or affect their hands.

Provide workers with head covering.

Advise workers to avoid wearing semi-permeable or impermeable clothing to reduce the risk of heat stress.

Encourage workers to wear lightweight and light-colored clothes because these garments and fabrics don’t trap heat.

Monitor workers at all times and watch out for signs of heat stress, exhaustion, or excessive fatigue.