

# Be Heat Smart

## Heat Safety Basics



Hydrate with cool drinking water.



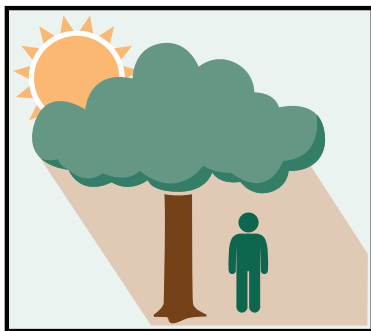
Stay cool with shade or other cooling alternatives.



Take preventative, paid cool-down rest periods.



Identify and respond to heat illness.



### Additional steps at 89° F or higher

- Take 10-minute mandatory, paid cool-down rest periods every 2 hours.
- Ensure reliable communications between workers and supervisor(s).
- Observe workers for possible heat stress.

For complete Outdoor Heat Exposure rules, visit [www.Lni.wa.gov/HeatSmart](http://www.Lni.wa.gov/HeatSmart)

*Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 711. L&I is an equal opportunity employer.*

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