

HEAT STRESS PREVENTION

Heat stress doesn't just slow you down, it can be deadly. Make sure you're ready to deal with the hazards that high temperatures can pose like heat rash, heat cramps, heat exhaustion and heat stroke. Help protect your crew with coolers, sun screen, cooling vests, hydration and the right training.






KEEP YOUR PEOPLE COOL

- Train workers and supervisors about how to help spot, treat and prevent heat stress
- Allow workers to get used to hot environments by gradually increasing exposure
- Provide plenty of cool water in convenient, visible locations around a work area
- Schedule frequent work breaks in shaded or air-conditioned recovery areas

					
Cooling Hats	Cooling Vests	Headbands and Sweatbands	Hard Hat Cooling Products	Polarized Safety Glasses	Safety Banners and Posters
					
Heat Stress Training Materials	Heat Stress Monitors	Hydration Packs	Hydration Pack Accessories	Portable Coolers	Sports Drinks and Thirst Quenchers
					
Shade/Shelters	Sunscreen	Ice Packs	Bottled Water		

KEEP YOUR FACILITY COOL

- Make sure to clean air conditioning ducts
- Weather-strip doors and windows to keep the cool air in and hot air out
- Install awnings, shades, blinds, reflective coatings or other measures to reflect the sun
- Irrigate foliage around the building to reduce fire risk

					
Air Conditioners	Cooling Fans and Accessories	Garden Hoses	Generators	Overhead Door Seals	Ventilation
					
Thermometers	Shade/Shelters				

TRAINING AND SERVICES

Grainger can help you manage heat stress and other safety risks more efficiently and cost-effectively with easy-to-use online tools and content provided by Grainger Online SafetyManager,[®] including Audits and Checklists, Written Programs, Policies and Procedures and both Online and Instructor-Led Training Content. **Learn more at grainger.com/safetymanager.**