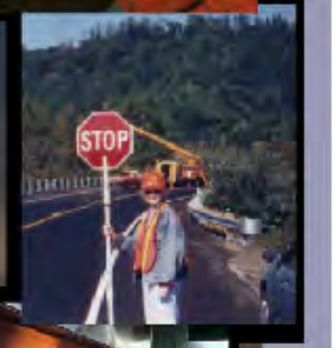
Keeping Workers Safe in Extreme Heat Conditions

Employers should train supervisors and employees to recognize symptoms of heat-related conditions.

Employees should be given frequent breaks and be provided with water.

Work hours should be adjusted, when possible, to accommodate environmental work conditions such as high heat index or high humidity.