

PROTECT YOURSELF FROM THE HEAT!

Essential Summer Tips



STAY HYDRATED!

Stay hydrated by drinking water or beverages rich in electrolytes. Avoid drinks that dehydrate, like caffeine or sugary sodas.

For more information visit:
<https://huntongroup.com/working-in-hot-weather/>



EAT!

Eating small, nutrient-rich meals, like fruits and vegetables, helps keep your body hydrated and energized.



WEAR SUNSCREEN!

Working in the sun can damage your skin and increase the risk of skin cancer. To protect yourself, apply sunscreen daily and reapply every two hours.



SEEK SHADE!

Wear a hat to block the sun. Loose, light-colored clothing prevents heat buildup. Find shade to stay cool!



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