

# Monthly Safety Training



ALLIANCE INTERSTATE RISK  
SERVICE

## WORK SMART.

- Don't rush - take your time.
- Take breaks in the shade.
- Do heavy, physical jobs in the coolest part of the day.
- Keep drinking cool water to stay hydrated.

## BE PREPARED.

- Avoid heavy meals before working in the heat.
- Avoid alcohol and caffeine.
- Wear light-colored, cool clothing.

## KNOW THE SYMPTOMS.

- Weakness, dizziness, sometimes nausea
- Pale or flushed appearance
- Sweating, moist and clammy skin
- High body temperature and strong, rapid pulse
- Chills
- Confusion

## PACKING LIST.

- Drinking water
- Sports drinks
- Wide-brimmed hat
- Sunscreen
- Sunglasses
- Light snacks
- Extra shirt

# HEAT STRESS

JULY 2024

## TRUCKING SAFETY: HEAT RELATED ILLNESS

CLICK HERE: <https://bit.ly/3hyZys2>



## TAKE THE QUIZ!

We have created short, fun games for each monthly safety training topic. Scan or click the code to play along!