**Outdoor Heat Exposure**

Here are a few tips to help prevent heat stress at your district:

1. **Training**. Conduct a tailgate safety meeting to review heat-related disorders, symptoms and prevention, how to provide first aid, and have staff check their medications for any possible heat-related side effects.
2. **Water**. Supply adequate water and encourage employees to drink regularly, approximately a cup about every 20 minutes. Limit caffeine intake.
3. **Time of Day**. Start the work as early in the day as practical and schedule the heaviest work during the cooler parts of the day.
4. **Shade**. Take regular breaks in the shade. Loosen or remove clothing that restricts evaporative cooling.
5. **Respond**. Monitor employees for symptoms of heat stress, heat exhaustion, and heat stroke, and provide the proper first aid or medical treatment.