

# **Mandatory Stand-Up Talk**

**April 27, 2020**

## **Heat illness prevention**

Because COVID-19 can spread between people in close proximity to each other, employees should adhere to social distancing guidelines (at least 6 feet apart) whenever possible.

The Centers for Disease Control and Prevention (CDC) recommends that you wear cloth face coverings in public settings where social distancing measures are difficult to maintain.

Employees exposed to hot and humid conditions are at risk of heat illness. It is important to remember to stay cool and safe.

If you experience difficulty breathing or discomfort as a result of the heat while wearing your face covering, you should remove the face covering until the discomfort ceases.

However, if you decide to remove your face covering, you should continue to practice social distancing when you come into contact with others and sneeze or cough into your elbow or a tissue.

### **Remember these additional tips to prevent heat related illnesses:**

- Hydrate before, during, and after work.
- Dress appropriately for the weather.
- Utilize shade to stay cool.

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## **Know the signs of heat stress:**

- Hot, dry skin or profuse sweating
- Headache
- Confusion or dizziness
- Nausea
- Muscle cramps
- Weakness or fatigue
- Rash

Finally, it's important that you call 911 and notify your supervisor if you experience signs of a heat related illness.

Always, remember, safety depends on you.

Thank you for listening.

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