The National Weather Service has issued a heat advisory for our area. The combination of hot temps and high humidity creates a situation in which heat-related illnesses are possible for those performing strenuous work outside or hot indoor environments. Multiple, consecutive days of exposure increases the risk of illness.

Risk Management & Safety recommends that departments and supervisors familiarize themselves with the signs and symptoms of heat-related injuries and take proactive steps to minimize the risk to employees.

### RECOMMENDED ACTIONS

#### STAY COOL
- Schedule strenuous activities at a time when the heat index is lower
- Schedule frequent breaks in cool, shaded areas
- Encourage workers to wear sunscreen and light, loose-fitting clothing

#### STAY HYDRATED
- Drink water often (about 4 cups per hour)
- Avoid caffeinated beverages

#### STAY ALERT
- Review signs/symptoms of heat-related illnesses and prevention in pre-shift meetings
- Use the Buddy System, monitor yourself and each other for signs of heat-related illnesses
- Immediately report possible heat-related illnesses to supervisors and have employees seen at the Notre Dame Wellness Center

More Info about Heat Illness

Contact Risk Management & Safety for Questions about this or other Safety Related topics @ 574.631.5037 or riskman@nd.edu