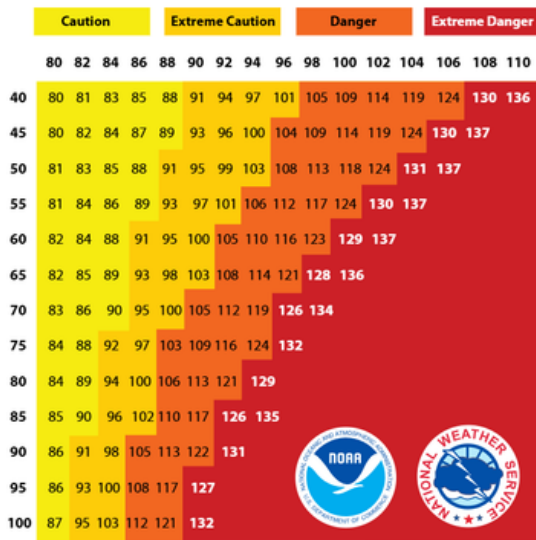


# TOTAL HEAT DEFENSE



## SITE SAFETY PROTOCOLS

Managing heat requires a proactive approach to environmental hazards and physical vitals. By tracking the Heat Index and personal hydration levels, you can identify dangerous thresholds before incidents occur. Use the data on this page to guide your work-rest intervals and maintain a safe, productive site.

## ASSESS THE RISK

Humidity prevents the body from cooling itself through sweat. Use the index to the left to find the apparent temperature. When conditions enter the Caution or Danger zones, work-rest cycles must be adjusted to prevent heat-related incidents.

## MONITOR HYDRATION

Hydration is proactive, not reactive. Thirst is a late-stage sign of dehydration. Use this chart as a real-time guide for your fluid levels. Combine water with electrolytes to replace what is lost through sweat.

### PLEASE NOTE:

Certain medications, multivitamins, and dietary supplements (such as B-vitamins) can alter urine color regardless of hydration status. Use this chart as a general guide, but always monitor for physical symptoms like dizziness or dry mouth.

