**Be Heat Smart**

*Heat Safety Basics*

- **Hydrate with cool drinking water.**
- **Stay cool with shade or other cooling alternatives.**
- **Take preventative, paid cool-down rest periods.**
- **Identify and respond to heat illness.**

**Additional steps at 89° F or higher**
- Take 10-minute mandatory, paid cool-down rest periods every 2 hours.
- Ensure reliable communications between workers and supervisor(s).
- Observe workers for possible heat stress.

For complete Outdoor Heat Exposure rules, visit [www.Lni.wa.gov/HeatSmart](http://www.Lni.wa.gov/HeatSmart)

Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 711. L&I is an equal opportunity employer.

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