

BEAT THE H.E.A.T

HYDRATE.EQUIP.

Alert.Thrive

6 Essential Tips for Working in Construction During Hot Weather and Long Summer Hours

STAY HYDRATED WITH A TWIST

Encourage employees to drink water every **15 minutes**, not just when they feel thirsty. Did you know that by the time you feel thirsty, you're already **2-3% dehydrated**? Set up hydration stations with a variety of beverages, including electrolyte-infused water and popsicles. A **construction site in Arizona** saw a **25% reduction in heat-related incidents** after introducing popsicle breaks every two hours!



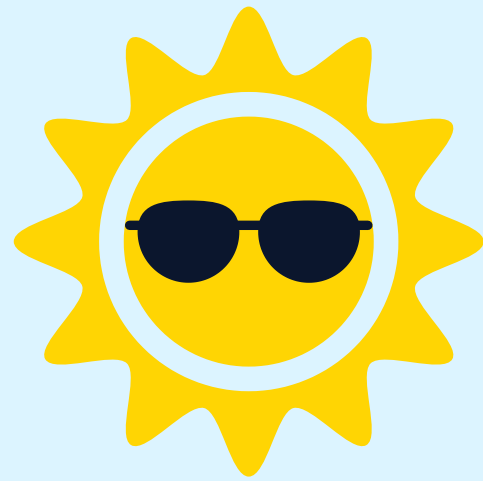
ROTATE TASKS LIKE MUSICAL CHAIRS

Ensure workers switch tasks frequently to avoid prolonged exposure to the sun. For example, rotate employees between outdoor and indoor or shaded tasks every hour. This not only prevents heat exhaustion but also keeps everyone engaged and alert. In a **2022 study**, companies that implemented task rotation reported a **30% drop** in heat-related illnesses.



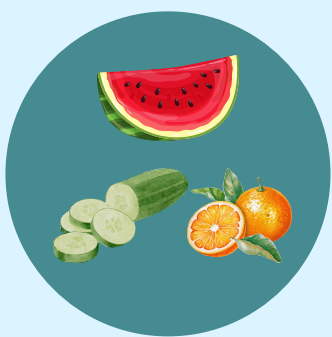
THE 20-20-20 RULE FOR EYE HEALTH

To prevent eye strain from glaring sunlight, remind workers to follow the **20-20-20 rule**: every 20 minutes, look at something 20 feet away for at least 20 seconds. Sunglasses with UV protection are a must! According to the American Academy of Ophthalmology, **90% of UV-related eye damage** is preventable with proper eyewear.



SNACK BREAKS WITH A PURPOSE

Offer high-water-content snacks like watermelon, cucumbers, and oranges throughout the day. These snacks not only keep energy levels up but also contribute to overall hydration. A **2021 workplace study** found that construction workers who had access to hydrating snacks had a **15% higher productivity rate** in extreme heat.



DRESS SMART, NOT JUST COOL

Equip employees with light-colored, loose-fitting, and moisture-wicking clothing. Think long-sleeved shirts and pants made from breathable materials. It might sound counterintuitive, but covering up can actually keep you cooler by protecting skin from direct sun exposure. In fact, workers at a **Texas construction site** reported feeling **10% cooler** after switching to long-sleeve UV-protective shirts.



BUDDY SYSTEM WITH A TECH TWIST

Implement a buddy system where pairs of workers check on each other regularly. Enhance this with wearable technology that monitors vital signs and alerts the wearer and their buddy of any irregularities. In a pilot program in Nevada, using wearables reduced heat-related incidents by 40%, proving that a little tech can go a long way in ensuring safety.



MUST-HAVES AND MUST-KNOWS FOR Construction Workers

Must-Haves

High Visibility Safety Vest



Ensures you are easily seen on the construction site, reducing the risk of accidents.

Steel-Toed Boots



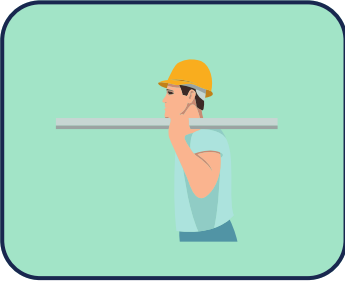
Protect your feet from heavy objects and other potential hazards.

Work gloves



Choose gloves with sticky material to improve grip and protect your hands.

Must-Knows for Construction Workers



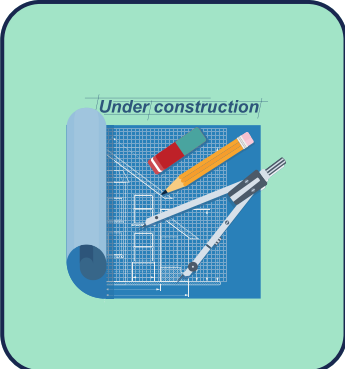
PROPER LIFTING TECHNIQUES

Be aware of legal weight limits, typically around 25 pounds, but you might be required to lift up to 30 pounds. Always lift with your legs, not your back, to prevent injuries.



PROPER ATTIRE

Dress appropriately for the weather to stay comfortable and focused.



TECHNICAL SKILLS

- Knowledge of construction materials and tools
- Reading and interpreting blueprints
- Proficiency in using construction equipment
- Basic understanding of electrical and plumbing systems



PHYSICAL SKILLS

- Physical strength and stamina
- Manual dexterity and hand-eye coordination
- Ability to work at heights
- Skills for operating heavy machinery



SOFT SKILLS

- Communication and Teamwork
- Time Management and Organization
- Adaptability and Problem-Solving
- Safety and Handling
- Education and Training (Certifications)



SOURCE: CANADIAN PROFESSION PATH