



ILA-USMX JOINT SAFETY COMMITTEE

OSH Circular 2025-05 (05 May 2025)

SUMMERTIME APPROACHES!

It's getting to be that time again.... **To prevent heat related illness:**

- Drink water well *before* your work shift begins, and every 15 minutes thereafter. Hydrate! Hydrate! Hydrate!
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the [signs of heat illness](#) and what to do in an emergency.
- Keep an eye on fellow workers. Make sure your brothers & sisters are OK.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

If workers are new to working in the heat or returning from more than a week off, and for all workers on the first day of a sudden heat wave, implement a work schedule to allow them to get used to the heat gradually.

Remember these three simple words: Water, Rest, Shade. Taking these precautions can mean the difference between life and death.

Drink water often

Rest in the shade

Report heat symptoms early

Know what to do in an emergency

[Link to OSHA's Heat Stress Webpages](#)



Working Together For The Benefit Of All

ILA-USMX OSH Circulars are devised to reflect the best possible information and guidance, and are products of diligent research and the most up to date subject matter knowledge. Consequently, while the information contained herein is believed to be accurate, owing to a host of factors ILA-USMX can convey no direct or implied warranty relative to the reliance of parties upon content.