



U.S. Department of Labor Reminds Employers of Important Protections for Working Safely in Summer Heat

The summer months bring high temperatures and humidity across the US, creating hazardous conditions for America's workers. The US DOL and OSHA have released a bulletin with guidance for employers to help reduce the likelihood of heat-related illnesses.

- **Water. Rest. Shade.** Employees should be reminded to drink fluids regularly, and to take longer, more frequent breaks in cooled or shaded areas on hot days.
- Employers should ensure that employees are properly acclimatized to working in high heat conditions by following the "20% Rule." New employees should begin by working only 20% of the scheduled duration of their shift on the first day, and increase the duration by 20% each following day until they reach 100% of their normal shift duration.
- Ensure adequate training, planning and supervision of workers and supervisors to recognize heat hazards and avoid exposure.
- Utilize engineering and administrative controls such as providing shading or cooling devices and equipment for work being performed in hot areas, and working shorter shifts or scheduling work during cooler times of the day. Workers should be rotated out of tasks that require strenuous physical exertion, which increase a worker's risk of developing a heat-related illness.



See the original [bulletin](#), or visit OSHA's [Occupational Heat Exposure Page](#) for more information.

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