

WORK SAFE. HOME SAFE.



Stay Cool and Safe This Summer

Hot weather, indoors or out, can lead to serious health risks fast. Whether you're outside in the sun or inside near hot equipment, heat-related illness can sneak up on anyone. Stay safe and help your team do the same with simple tips to take with you every day.

Keep in mind:

- **Drink water regularly** – Don't wait until you're thirsty.
- **Take cooling breaks** – Rest in the shade or by a fan.
- **Know the danger signs** – Dizziness, nausea, or confusion? Speak up.
- **Protect yourself from the sun** – Wear long sleeves, a hat, and sunscreen.
- **Watch out for your crew** – Step in if someone seems off.

Help prevent serious trouble. [View the quick safety poster.](#)

Thanks for helping everyone stay cool this summer and get home safe every day.

Access Additional Resources and Information

- Check out and subscribe to our [YouTube channel](#) for our videos
- Follow Get Home Safe North Dakota on [LinkedIn](#) and [Facebook](#) for more tips and resources.

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