



# NORSTEEL SAFETY SENTINEL

PROMOTING A SAFE WORKING ENVIRONMENT

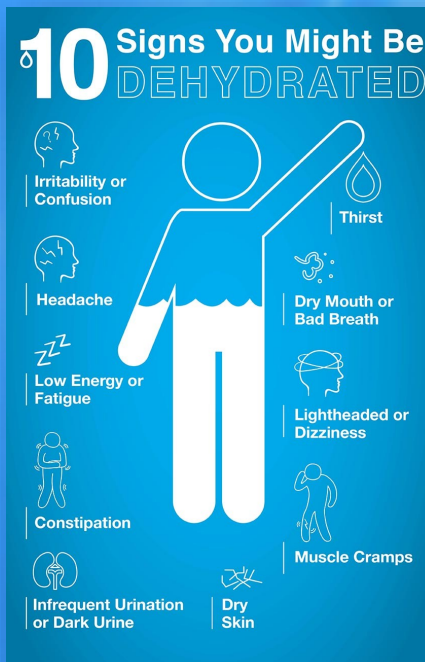
ISSUE 13 | JUNE 2025

## WARMER WEATHER AHEAD | *Stay Cool, Stay Safe*

### WHY IT MATTERS

Working in hot weather increases your risk of:

- Heat exhaustion
- Heat stroke
- Dehydration
- Fatigue and reduced concentration, which can lead to accidents.



### CHECK ON YOUR CREW

- Use the **buddy system** – don't let anyone work alone in high heat.
- Encourage open communication about how everyone's feeling.
- Report concerns early – heat stress can escalate quickly.



### Hydration Tips

1. Start your day hydrated.
2. Drink water before your shift begins. - Keep water on hand - Aim to drink at least 1 cup (250 ml) every 15-20 minutes during physical work.
3. Avoid energy drinks, coffee, and alcohol - These dehydrate the body.
4. Eat water-rich foods. Fruits like watermelon, oranges, and cucumbers are great snacks.

### DRESS FOR THE HEAT

- Wear **lightweight, light-colored, and breathable clothing**.
- Use hats, sunglasses, and UV-protective gear where possible.
- Apply **sunscreen (SPF 30+)** regularly, even on cloudy days.

### TAKE BREAKS IN THE SHADE

- Avoid direct sun during **peak hours (11 AM – 3 PM)**.
- Use shaded or air-conditioned rest areas for recovery.
- Rotate tasks to limit prolonged heat exposure.

### LET'S WORK SMART THIS SUMMER

Your health and safety come first. If you need extra breaks, water, or cooling stations – **speak up**. Heat stress is preventable, and everyone plays a part in keeping the job site safe.