Subject: 100 Days of Summer Week 1 Heat Stress

Team,

As part of our **100 Days of Summer Safety Campaign**, we are kicking off **Heat Stress Prevention Week** to raise awareness and provide resources to help protect our workforce from heat-related illnesses.

With rising temperatures, it’s critical to stay vigilant and follow best practices to prevent heat stress. This week, supervisors are encouraged to lead discussions and activities focusing on:

Recognizing the signs and symptoms of heat-related illnesses

Monitor forecasts and ensure you and your crew are prepared.

Promoting hydration (encourage drinking water every 15–20 minutes)

Identifying heat hazards in the work environment

Scheduling rest breaks in shaded or cool areas

Monitoring new or returning workers who may not be acclimated to the heat

**Resources and Materials:**

A collection of flyers, posters, Safety Operating Procedures and training materials is available on our 100 Days of Summer Safety webpage. Supervisors may choose from these resources to tailor activities to their teams.

**Recognition Opportunity:**

As a reminder, the division or county with the highest participation throughout the 100 Days of Summer will receive special recognition at the conclusion of the campaign!

For additional materials or support, please contact David Harp. Let’s work together to ensure everyone stays safe and healthy this summer.

Thank you for your commitment to worker health and safety.

Best regards,