

Stay Safe. Stay Hydrated. Know the Signs.

**Drink Water
Rest Often
Find Shade**



Heat Stress Is More Than Just a Bad Day
Chronic dehydration on the job can lead to:

- Heart disease
- Diabetes & obesity
- Kidney damage
- Premature aging and death



**Construction Workers Make Up Only 6% of the Workforce...
But account for 36% of ALL heat-related deaths on the job.**



#1 in Heat-Related Workers' Comp Claims

**Construction workers file 21% of all heat-related claims
the highest of any industry.**



It Doesn't Have to Be a Scorching Day

**72% of fatal heat incidents happened when there was no
extreme heat warning from the National Weather Service.**



Research Cited From:



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visit www.cpwr.com/heat**