ECC Monthly Safety Tip

July 2026

JULY IS EXTREME HEAT AWARENESS MONTH!

HYDRATION STARTS BEFORE THE HEAT.

Team Members:

Nyoki Mokeba– Director of Equipment Sourcing – Performance Contractors, Inc.

Why Heat Awareness Matters

In 2022 alone, **43 U.S. workers died** from environmental heat exposure.

An average of approximately 3,400 work-related heat illnesses each year resulted in days away from work between 2011 and 2020.

Heat stress can lead to

- Reduced concentration
- Slow reaction time
- Poor decision making
- Increased injury risk
- Heat exhaustion
- Heat stroke
- Increased chance of accidents

Extreme Heat Doesn’t Stop at Work

Heat illness isn’t a 9am-5pm job. It is a 24-hour responsibility as a leader.

Heat illness can happen anywhere

- **Coaching your child’s ball game**
- **Mowing the lawn**
- **Gardening around the house**
- **Walking the dog**
- **Exercising or training**
- **Spending the day at the beach or pool**
- **Hiking or camping**
- **Outdoor sporting events**

The hydration habits we build at work can help protect our families, friends, pets and ourselves long after the workday ends.

Recognize the Signs Before Emergencies

Heat illness is 100% preventable if recognized early

Early Warning Signs
Thirst
Dry Mouth
Fatigue
Heavy Sweating

Heat Exhaustion
Headaches
Muscle Cramps
Dizziness
Nausea
Weakness

If You Notice These Symptoms
Stop activity immediately
Move to shade or air conditioning
Drink Water
Call 911 If Heat Stroke is suspected

Heat Doesn't Discriminate - Those Most At Risk

- New employees not acclimated to heat
- Older Adults
- Young Children
- Athletes
- Anyone who is dehydrated before they start

Hydration Starts Before the Heat

Be the leader not only at home but in each aspect in our lives for proper hydration.

Morning:
- Drink 16 – 20 oz
- Eat Breakfast
- Begin Hydrated

During The Day
- Drink water every 15 – 20 mins
- Take Breaks
- Seek Shade
- Use electrolytes

Evening
- Replace fluids
- Recover
- Prepare for tomorrow mentally and physically

Proper hydration isn’t an event. It is a daily habit. Drink water early, drink water often.