



SUMMER SAFETY TIPS FOR TECHNICIANS



Stay Hydrated

Drinking water consistently throughout the day is key. Electrolyte drinks like sports drinks or electrolyte packets mixed with water help replace what you lose sweating. Avoid too many energy drinks or coffee—they might give you a quick boost, but they actually dehydrate you faster.



Use Cooling Towels or Vests

Keep a cooling towel on hand to drape around your neck or wipe your face and arms during breaks. These help regulate your body temperature and provide instant relief. An evaporative cooling vest on the hottest days is also a good option.



Use Portable Fans or Evaporative Coolers in Your Bay

Set up fans or portable evaporative coolers in high-traffic and high-heat areas. Position them to create airflow through the bays and push hot air out. Even a small personal fan aimed at your workstation can make a noticeable difference.



Listen to Your Body & Take Breaks

Don't push through warning signs. If you feel lightheaded, nauseous, unusually tired, or get muscle cramps, stop immediately. Find a cool spot, hydrate, and rest until you feel steady. Look out for your teammates too!



Wear Breathable, Light-Colored Clothing

If your uniform allows it, go for lightweight, moisture-wicking fabrics that help sweat evaporate and cool your body. Short sleeves can be helpful for airflow, and avoid dark colors, which absorb more heat.



Take Advantage of Cool Areas

Don't underestimate the value of a shaded spot or air-conditioned break room. By taking regular breaks away from the heat, you are allowing your body to recover and preventing exhaustion.



Don't Skip Meals or Snacks

It's easy to forget to eat when you're busy, but heat and physical work burn through energy fast. Keep light, healthy snacks like fruit, granola bars, or trail mix nearby to help maintain steady blood sugar and avoid fatigue.