

Here are 10 tips for businesses to consider, to help keep workers safe from rising temperatures and other seasonal conditions.

1. **Wear loose fitting clothing.** Flowing garments allow air circulation close to the body, which helps keep the body cool and dry.
2. **Select clothing with fabrics that are lightweight and moisture wicking.** Look for clothing, such as 100-percent spun polyester, that is quick-drying with built-in moisture management technology for maximum breathability and comfort.
3. **Choose clothing with built-in ventilation.** Clothing constructed with lightweight, mesh fabric offers superior breathability and comfort.
4. **Wear light-colored clothing.** Dark colors absorb heat. Wearing light-colored garments help reflect light and heat, and will help maintain a normal body temperature.
5. **Cover as much skin as possible.** When outdoors, workers should wear long sleeves and pants constructed of lightweight fabric and loose-fitting designs to help protect the skin against permanent damage from the sun, while providing breathability and air flow.
6. **Wear a well-vented hat.** Since the head quickly absorbs heat, wearing a hat with ventilation will create a barrier from the sun, protecting the head, face, and neck.
7. **Protect the eyes.** Wearing sunglasses when working outdoors will help reduce glare on the eyes and protect them from the sun's damaging rays.
8. **Look for protective garments that are breathable.** At-risk workers who must wear protective garments that can often be heavy and constricting, should seek out garments that combine the highest level of protection with light-weight fabrics to help keep workers cool and comfortable.
9. **Don't forget the sunscreen.** Pay attention to any exposed skin that is not covered by work clothing, such as hands, neck, and ears. Use a broad-spectrum sunscreen on these areas to protect against both UVA and UVB rays.
10. **Take plenty of breaks and stay hydrated.** It's important that workers take regular breaks and drink plenty of fluids while doing their job in extreme heat, especially outdoors.

Although working in warm weather poses many challenges, following these tips and participating in a managed employee uniform program can help businesses protect their workers against heat-related illnesses so they are able to stay safe and productive on the job.