



Stay Hydrated. Stay SAFE!

**Working in the Florida heat
requires proactive hydration.**

**Small actions throughout
your shift can prevent heat-
related illness and keep you
performing at your best.**

Best Practices:



Drink water before you feel thirsty



Take regular cooling breaks



Avoid excessive caffeine during peak heat



**Watch for early warning signs
(headache, nausea, lightheadedness)**



Notify leadership if you feel unwell