



DEPARTMENT OF STREETS AND SANITATION  
CITY OF CHICAGO

TO: All Streets and Sanitation Staff

FROM: John F. Tully  
Commissioner

DATE: July 17, 2019

RE: Hot Weather Safety Precautions

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As you may know, warm temperatures will be moving across the Chicagoland area over the next few days.

Extreme heat can be dangerous, and your health and safety is our highest priority. As such, we encourage you to review and implement the following precautions as outlined by the Chicago Department of Public Health:

- Stay hydrated. Drink cool fluids regularly throughout the day. Avoid coffee, soft drinks and drinks with large amounts of sugar. A sports beverage can replace the salt and minerals you lose in sweat.
- Wear loose, lightweight, light-colored cotton clothing.
- Do not eat heavy meals.
- Protect yourself from the sun by wearing a brimmed hat, sunglasses and by putting on sunscreen of SPF 15 or higher.

Additionally, please be aware of the signs and symptoms of heat-related conditions such as heat stroke and heat exhaustion. **Heat exhaustion** is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. **Heat stroke** is more serious, and occurs when the body starts to lose its ability to regulate itself. The telltale signs of heat stroke are:

- An extremely high body temperature, such as 103 degrees or above
- Dizziness and nausea
- A throbbing headache and a pulse that is rapid and strong
- Skin that is red, hot and dry.

If you are feeling, ill, dizzy or nauseated, stop what you are doing immediately, move to a cool place and cool yourself with water. If you or a member of your crew requires medical assistance, please call 911.

Please remember your health and safety is a priority to this department. Please exercise extra caution during hot weather.

Thank you.