



AUGUST

2026

Safety  
Calendar

# August 2026: Heat Stress/Safety

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Can you handle the heat? Work smart and you can!

Heat is an important environmental and occupational health hazard. Heat stress is the leading cause of weather-related deaths and can exacerbate underlying illnesses. Approximately 489,000 heat-related deaths occur each year.<sup>1</sup> There have been an estimated 33,890 work-related heat injuries and illnesses in the past decade.<sup>2</sup>

Be prepared by following these safety tips:

|  Prevention                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  Recognition                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  Activities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  Emergency Response                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• <b>Risk Assessment</b><br/>Evaluate the workplace for heat stress risks.</li><li>• <b>Heat Stress Program</b><br/>Establish a formal heat stress program.</li><li>• <b>Work Scheduling</b><br/>Plan strenuous tasks for cooler parts of the day.</li><li>• <b>Water Stations</b><br/>Provide easy access to cool drinking water.</li><li>• <b>Shade</b><br/>Provide shaded areas for employees to rest and recover.</li><li>• <b>Monitor</b><br/>Keep track of weather forecasts and heat advisories.</li><li>• <b>Rest Cycles</b><br/>Schedule regular breaks based on the work intensity and environmental conditions.</li></ul> | <ul style="list-style-type: none"><li>• <b>Training</b><br/>Educate employees on the symptoms of heat stress, heat exhaustion and heat stroke.</li><li>• <b>Create Awareness</b><br/>Encourage workers to recognize and communicate signs of heat-related illness.</li><li>• <b>Watch Out</b><br/>Look for early warning signs like heavy sweating, fatigue, dizziness and headache.</li><li>• <b>Have A Buddy</b><br/>Pair up employees to help monitor each other for symptoms of heat stress.</li><li>• <b>Severity Levels</b><br/>Know the symptoms of the different types of heat related illness.</li></ul> | <ul style="list-style-type: none"><li>• <b>Hydration</b><br/>Drink plenty of water before, during and after working in hot conditions.</li><li>• <b>Clothing</b><br/>Use lightweight, light-colored, and loose fitting clothing.</li><li>• <b>Sun Protection</b><br/>Apply sunscreen to exposed skin to prevent sunburn.</li><li>• <b>Regular Breaks</b><br/>Used scheduled breaks to cool down in an air-conditioned area.</li><li>• <b>Beverages to Avoid</b><br/>Limit the intake of alcoholic and caffeinated beverages.</li><li>• <b>Gear</b><br/>Wear personal cooling aids such as cooling vests, hats, or bandanas.</li></ul> | <ul style="list-style-type: none"><li>• <b>Emergency Plan</b><br/>Develop emergency procedures for heat-related illnesses.</li><li>• <b>First Aid</b><br/>Designate specific employees for heat stress response.</li><li>• <b>Emergency Equipment</b><br/>Ensure that cooling equipment and first aid supplies are readily available.</li><li>• <b>Response</b><br/>Take immediate action if symptoms of heat stress are noticed.</li><li>• <b>Document</b><br/>Keep a record of any heat stress to analyze trends and improved practices.</li></ul> |

1. [World Health Organization](#) 2. Bureau of Labor Statistics (BLS)

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| Sunday                                                                                     | Monday                                                                                          | Tuesday                                                                                | Wednesday                                                                      | Thursday                                                                               | Friday                                                                                          | Saturday                                                                                       |
|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                                                                                            |                                                                                                 |                                                                                        |                                                                                |                                                                                        |                                                                                                 | <b>1</b><br>Evaluate the workplace for heat stress risks.                                      |
| <b>2</b><br>Establish a formal heat stress program.                                        | <b>3</b><br>Plan strenuous tasks for cooler parts of the day.                                   | <b>4</b><br>Provide easy access to cool drinking water.                                | <b>5</b><br>Provide shaded areas for employees to rest and recover.            | <b>6</b><br>Keep track of weather forecasts and heat advisories.                       | <b>7</b><br>Schedule regular breaks based on the work intensity and environmental conditions.   | <b>8</b><br>Educate employees on the symptoms of heat stress, heat exhaustion and heat stroke. |
| <b>9</b><br>Encourage workers to recognize and communicate signs of heat-related illness.  | <b>10</b><br>Look for early warning signs like heavy sweating, fatigue, dizziness and headache. | <b>11</b><br>Pair up employees to help monitor each other for symptoms of heat stress. | <b>12</b><br>Know the symptoms of the different types of heat related illness. | <b>13</b><br>Drink plenty of water before, during and after working in hot conditions. | <b>14</b><br>Use lightweight, light-colored, and loose fitting clothing.                        | <b>15</b><br>Apply sunscreen to exposed skin to prevent sunburn.                               |
| <b>16</b><br>Used scheduled breaks to cool down in an air-conditioned area.                | <b>17</b><br>Limit the intake of alcoholic and caffeinated beverages.                           | <b>18</b><br>Wear personal cooling aids such as cooling vests, hats, or bandanas.      | <b>19</b><br>Develop emergency procedures for heat-related illnesses.          | <b>20</b><br>Designate specific employees for heat stress response.                    | <b>21</b><br>Ensure that cooling equipment and first aid supplies are readily available.        | <b>22</b><br>Take immediate action if symptoms of heat stress are noticed.                     |
| <b>23/30</b><br>Keep a record of any heat stress to analyze trends and improved practices. | <b>24/31</b><br>Evaluate the workplace for heat stress risks.                                   | <b>25</b><br>Establish a formal heat stress program.                                   | <b>26</b><br>Provide easy access to cool drinking water.                       | <b>27</b><br>Keep track of weather forecasts and heat advisories.                      | <b>28</b><br>Educate employees on the symptoms of heat stress, heat exhaustion and heat stroke. | <b>29</b><br>Know the symptoms of the different types of heat related illness.                 |

# Prepare and Prevent with Chubb

Our in-house network of nearly 500 risk consultants around the globe can help businesses anticipate and minimize costly exposures, ensuring resilience for the years to come.

## Access Resources

The online Risk Consulting Library offers hundreds of risk management best practices and resources to help mitigate and minimize a company's risk. The library is available to participating business clients as well as appointed agents and brokers. This global library contains technical briefs, guides, checklists, training sessions, and more.

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## Explore Training

### ➤ Chubb's Risk Engineering Center

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