

OPERATION COOLDOWN



Heat Stress Awareness Campaign Plan



Day 1	Day 2	Day 3	Day 4	Day 5
Focus: Kickoff and Heat Stress 101	Focus: Prevention and Hydration	Focus: Acclimation and Work-Rest Cycles	Focus: Recognizing and Responding to Heat Stress	Focus: Heat Stress Awareness Recap
Training: Overview of heat stress, causes, symptoms, and risk. Industry-specific hazards.	Training: The importance of hydration and strategies to stay hydrated.	Training: Understanding the importance of acclimatization and implementing work-rest cycles.	Training: Session on how to recognize and respond to heat stress symptoms, as well as first aid measures to take.	Training: Resources, review, and recap. Encourage employees to prioritize heat stress prevention. Employee feedback.
Tools: Toolbox Talk, Campaign Initiative Guide	Tools: Water Intake Tracker and Rehydrate Reminders	Tools: Heat Cheat Sheet, Assessment	Tools: Knowledge Quiz, First Aid Training	Tools: Handouts, QR Code, Contest Tracker
Engagement: Heat Awareness Trivia, Social Media Promotion	Engagement: Hydration Challenge and Hydration Station	Engagement: Movie Screening	Engagement: Coworker Cooldown/Community Cooldown	Engagement: Host A Company Provided Lunch.
Giveaway: Personal Fans/cooling towels	Giveaway: Custom Water Bottle	Giveaway: Sunscreen and Lip Balm	Giveaway: First Aid Kits/Awareness T-Shirt	Giveaway: Raffle, Hats, Sunglasses
Extra: Prevention Pledge Board	Extra: Yoga/Meditation	Extra: Heat Awareness Bingo	Extra: Hydrate Happy Hour	Extra: Certificates of Completion, Big Prize (Cooler)