As many SFU faculty and staff members work from home this summer, here are some ways to help manage the heat.

1. Stay hydrated and drink plenty of water.
2. Wear weather appropriate, lightweight, loose-fitting clothing.
3. If possible, work during the cooler times of the day. Discuss options with your supervisor.
4. Turn off unused appliances to help keep indoor air temperatures down.
5. Work in the coolest part of your home.
6. Increase the frequency of rest breaks, as needed.
7. Close blinds or curtains to shut out the sun.
8. Cool your pulse points with ice packs and a towel.
9. Open your windows to help improve air circulation.
10. Avoid using laptops directly in your lap.

Note that some individuals may be more susceptible to heat effects. If employees are feeling ill and unable to work due to medical concerns, they are encouraged to inform their manager and seek medical attention.

For more information regarding heat in the workplace, please visit the SRS webpage.