

How can you cope with indoor jobs?

Wear layers so you can take off your top layer if you get too hot.



Wear layers so you can put a sweater on if you get too cold.



Get a small fan to keep your area cool.



Take scheduled breaks outside to get "fresh air."

How can you cope with outdoor jobs?

Take scheduled breaks indoors or in the shade.



Wear warm clothing (coat, warm socks, etc...) in cold weather.



Wear light layers in hot weather.



Drink plenty of fluids to stay hydrated.



Wear sunglasses, tinted lenses, or transition lenses.