

Heat Safety Tips for HOME STAGERS

1. If anyone on your team is confused, stops sweating, or seems disoriented—stop immediately. Move to shade, hydrate, and cool the body with fans or these quality neck towels which are reusable.
2. Stay hydrated - drink water every 20 minutes.
3. Wear cool clothing.
4. Treat your loading time like a job site. Have hydration, cooling towels, and schedule breaks even before you arrive.
5. Encourage your team to take quick 3–5-minute breaks every 45–60 minutes in high heat. It's not laziness—it's safety.
6. Use a buddy system. Have someone on-site designated to monitor breaks and hydration. This is especially useful for new team members who may feel pressure to “push through.” Encourage people to speak up. No job is worth a hospital visit.

You Can't Style a Room if You've Passed Out in It

Heat-related accidents are preventable. All it takes is awareness, planning, and the willingness to pace the job with long-term health in mind. Prioritizing safety doesn't mean slowing down, it means staying strong all season long.

So don't sweat it... or at least, not more than necessary.



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