


August 2024



Summer Safety Tips

- ✦ Stay Cool – stay in air-conditioned locations as much as possible. Take breaks from the heat, especially during the hottest part of the day. Take cool showers or baths to cool down. Cover your windows with drapes to keep the hot sun out.
- ✦ Stay Hydrated – drink plenty of fluids, even if you don't feel thirsty.
- ✦ Stay Protected – avoid strenuous or high-energy activities. Wear loose and lightweight, light-colored clothing. Wear sunscreen, even on cloudy days. When outdoors, stay in the shade and wear a hat with a wide brim.
- ✦ Watch for Signs of Heat Stress – heat cramps, heat exhaustion, and heat stroke are very possible on hot days.

Monday	Tuesday	Wednesday	Thursday	Friday
Please confirm the location of your course when booking			1 Hinton Confined Space E/M/BHR	2 Edson H ₂ S
5  Chlyn Offices Closed	6 Edson H ₂ S	7 Hinton H ₂ S	8 Edson Fall Protection	9 Edson H ₂ S
12 Edson Intermediate First Aid 2-Day Edson Basic First Aid 1-Day Hinton Fall Protection	13 Edson H ₂ S (Best Western)	14 Edson IFA Recert/Blended (Best Western) Edson Confined Space E/M/BHR	15 Edson Ground Disturbance Hinton H ₂ S	16 Edson H ₂ S
19 Hinton Intermediate First Aid 2-Day Hinton Basic First Aid 1-Day Edson H ₂ S	20 Edson Fire Extinguisher	21 Hinton IFA Recert/Blended Edson H ₂ S	22 Hinton Ground Disturbance Edson Fall Protection	23 Edson H ₂ S
26 Edson Intermediate First Aid 2-Day Edson Basic First Aid 1-Day Edson H ₂ S (Best Western)	27	28 Edson IFA Recert/Blended Hinton H ₂ S	29 Edson Confined Space E/M/BHR	30 Edson H ₂ S

✦ Chlyn Safety Services Ltd. ~ Safety Services & Training Centre ✦

Check out our website: <http://chlynsservices.ca> or scan our QR Code

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POCT/Lab Drug & Alcohol Screening - Hair Follicle Testing - Nurse Medicals - Audiometric Screening - Vision Screening
PFT - Mask Fit Testing - Custom Ear Plugs - Safety Courses - Health & Safety Program Building & Maintenance