



Stay Safe in the Heat

When temperatures rise, stay protected from dangerous heat exposures!

Prevention

Take care of yourself in hot weather and watch out for your co-workers.



Hydrate



Rest



Shade



Eat Light Meals



Monitor Weather



Acclimate

Recognition

Know the early warning signs of heat illnesses to help prevent emergencies.



Cramps



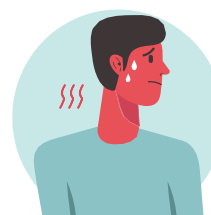
Headache



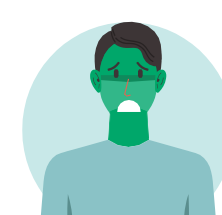
Sweating



Rapid Pulse



Red Skin



Nausea

Response

Heat Stroke is a medical emergency. Call 911 and notify your supervisor immediately.

Heat Stroke First Aid - Call 911!

