You are at risk if you:
- Work in hot and humid conditions
- Are new to the job
- Do heavy physical labor
- Don’t drink enough water

Protect Yourself Against Heat Exposure.

Dress Appropriately
- Wear clothes that are:
  - Light-colored (white, etc.)
  - Loose-fitting
  - Lightweight

If you need to wear protective clothing or personal protective equipment, like impermeable clothing, you may need more frequent breaks for water, rest, and shade.

Drink Water & Take Breaks
- Take frequent breaks out of the sun
- Drink 1 cup (8 ounces) of water every 15-20 minutes.
- DO NOT wait until you are thirsty to drink water.
- DO NOT drink alcohol and AVOID caffeine.

Know the Warning Signs

Heat Exhaustion:
- Weakness & Wet Skin
- Headache, Dizziness or Fainting
- Nausea or Vomiting

Heat Stroke:
- Excessive sweating or red, hot, dry skin
- Confusion or Fainting
- Convulsions or Seizures

Seek Medical Assistance

Heat Stroke is a medical emergency

Look out for your co-workers—if you see the warning signs take action!

Call 911

Getting help can be the difference between life and death.