Tip 1: 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

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

Learn more about heat-related illnesses and how to prevent them at http://bit.ly/CPWRHotWeather