Tip 2: Drink Water & Take Breaks

You are at risk if you:

- Are new to the job
- Work in hot and humid conditions
- Do heavy physical labor
- Don’t drink enough water

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.