Tip 4: Dress Appropriately

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

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.