

Protect Yourself Against Heat Exposure.

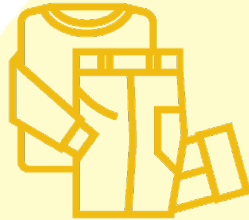
You are at risk if you:

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

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

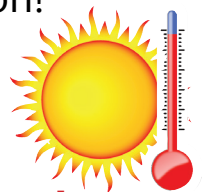
Seek Medical Assistance

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**.



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