



HEAT STRESS

CAN BE DEADLY

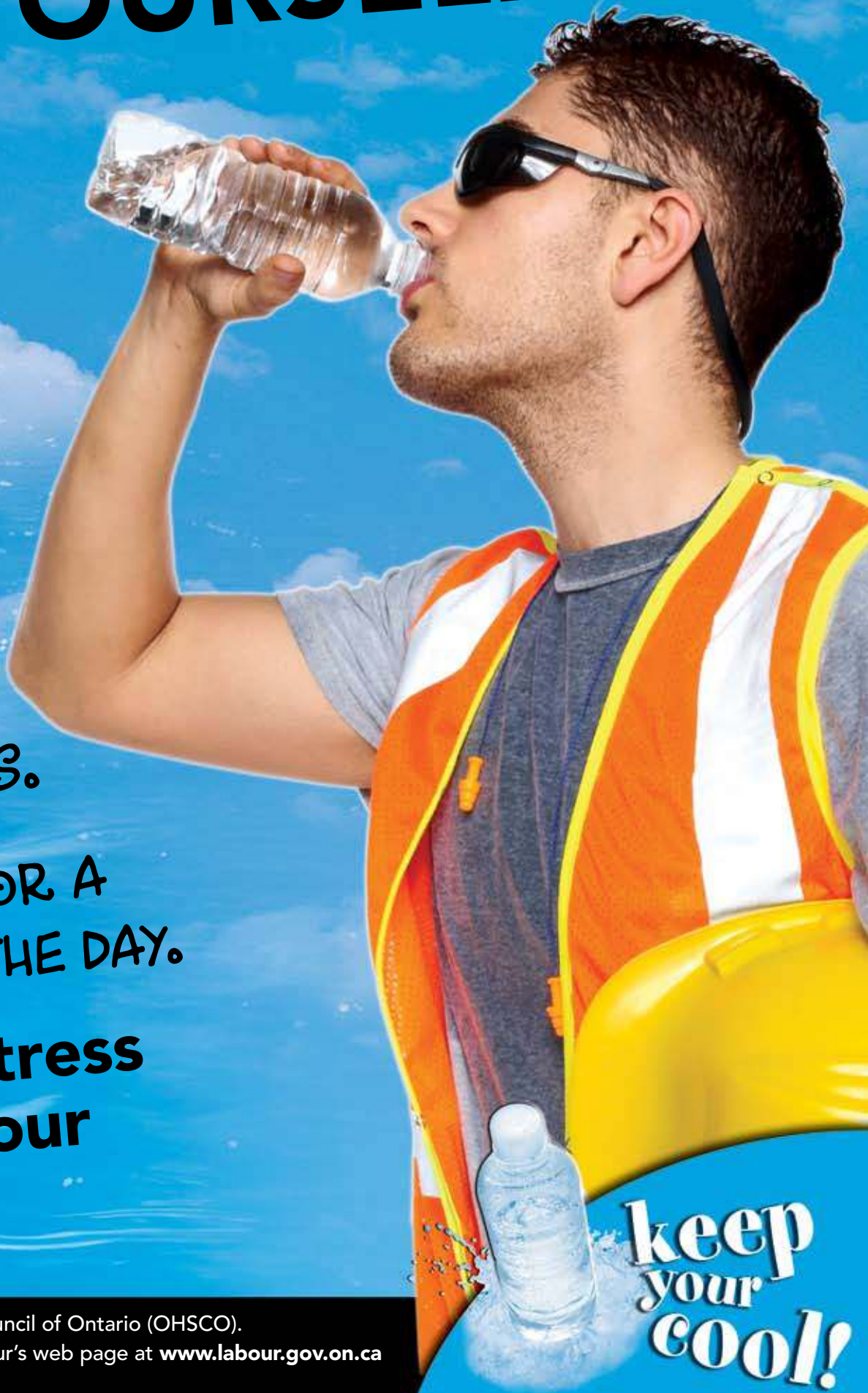
Symptoms include
weakness, fatigue,
& dizziness



PROTECT YOURSELF!

- DRINK WATER.
- WEAR LIGHT, LOOSE CLOTHING.
- SCHEDULE MORE FREQUENT BREAKS.
- USE SUNSCREEN & KEEP YOUR HEAD COVERED OUTDOORS.
- SCHEDULE WORK FOR A COOLER PART OF THE DAY.

**Report heat stress
concerns to your
supervisor!**



keep
your
cool!