



HEAT STRESS

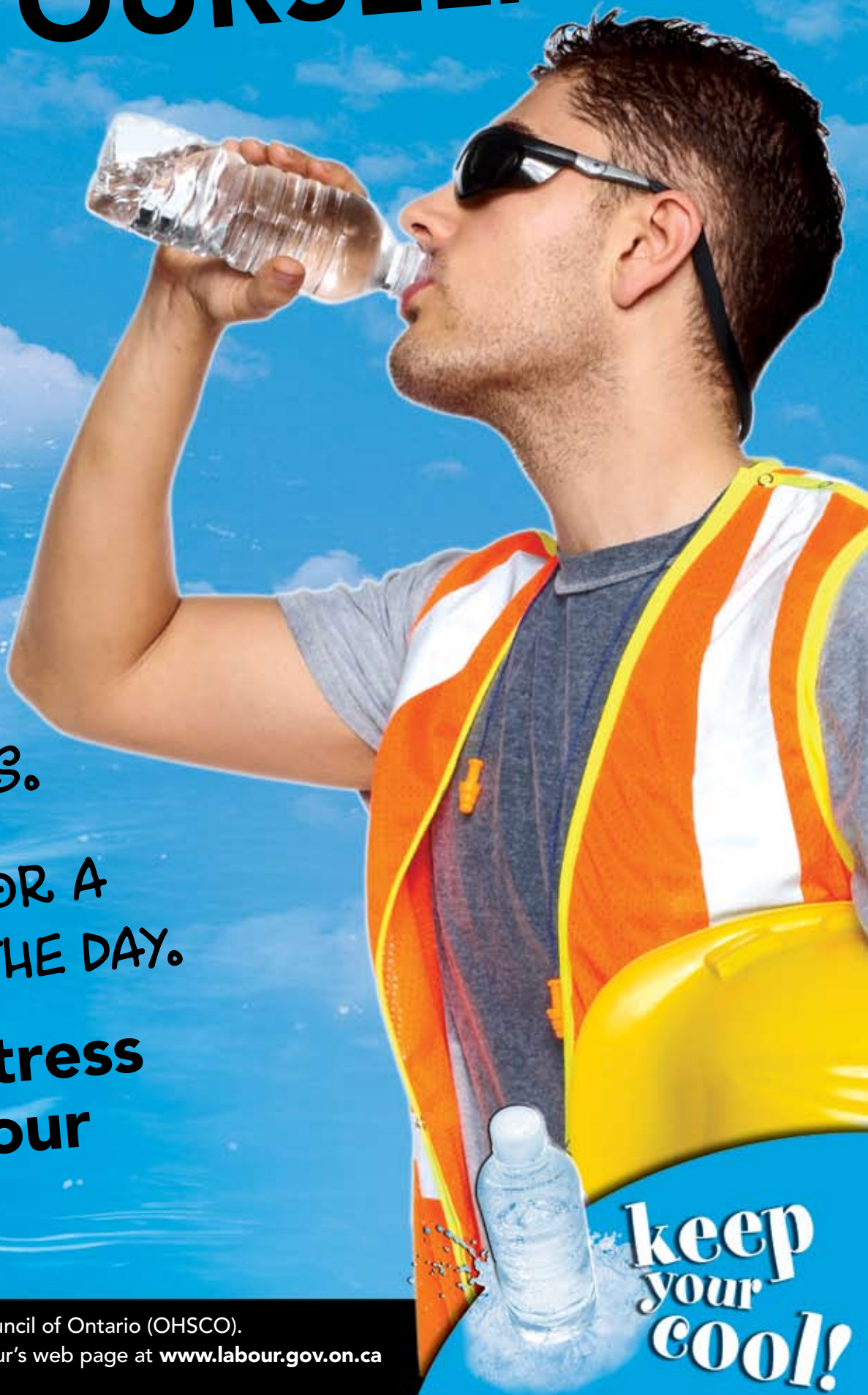
CAN BE DEADLY

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!**