




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

Tip 1: 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

How to avoid heat exhaustion and heat stroke

1. Stay hydrated
2. Get used to the heat
3. Take frequent breaks
4. Wear appropriate clothing
5. Be extra careful if you're sick
6. Use the buddy system
7. Mind the temperature and time