



HEAT STRESS

CAN BE DEADLY.

Symptoms include weakness,
fatigue & dizziness.



**LEARN HOW TO PROTECT
YOURSELF!**

- DRINK WATER.
- WEAR LIGHT CLOTHING.
- KEEP YOUR HEAD COVERED.
- SCHEDULE FREQUENT BREAKS.
- SCHEDULE WORK IN THE COOLER PART OF THE DAY.
- FOR MORE INFORMATION CONTACT YOUR SUPERVISOR



**keep
your
cool!**