



# Stay Safe in the Heat

When temperatures rise, stay protected from dangerous heat exposures!

## Prevention

Take care of yourself in hot weather and watch out for your co-workers.



Hydrate



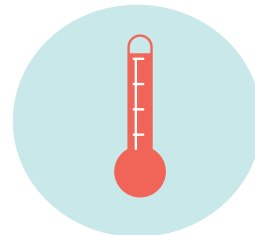
Rest



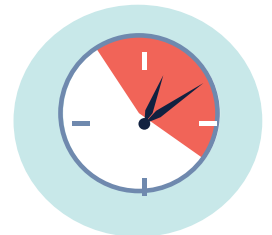
Shade



Eat Light Meals



Monitor Weather



Acclimate

## Recognition

Know the early warning signs of heat illnesses to help prevent emergencies.



Cramps



Headache



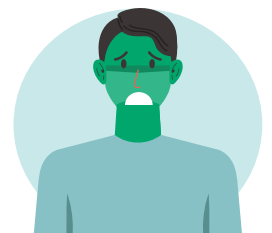
Sweating



Rapid Pulse



Red Skin



Nausea

## Response

Heat Stroke is a medical emergency. Call 911 and notify your supervisor immediately.

### Heat Stroke First Aid - Call 911!

