

Heat Stress



If possible, stay out of the sun.

Know the signs and symptoms of Heat Stress.



- Dizziness
- Headache
- Weakness
- Rapid Heartbeat
- Nausea
- Cramps
- Chest Pain
- Labored Breathing

Wear loose, breathable clothing such as cotton. If you must work in the sun, wear hats and use sun screen.



When the weather is hot, avoid caffeine

COOL DOWN, whenever possible



Maintain proper hydration. Drink small amounts of water frequently. Avoid feeling thirsty.

