



# HEAT STRESS

**CAN BE DEADLY**

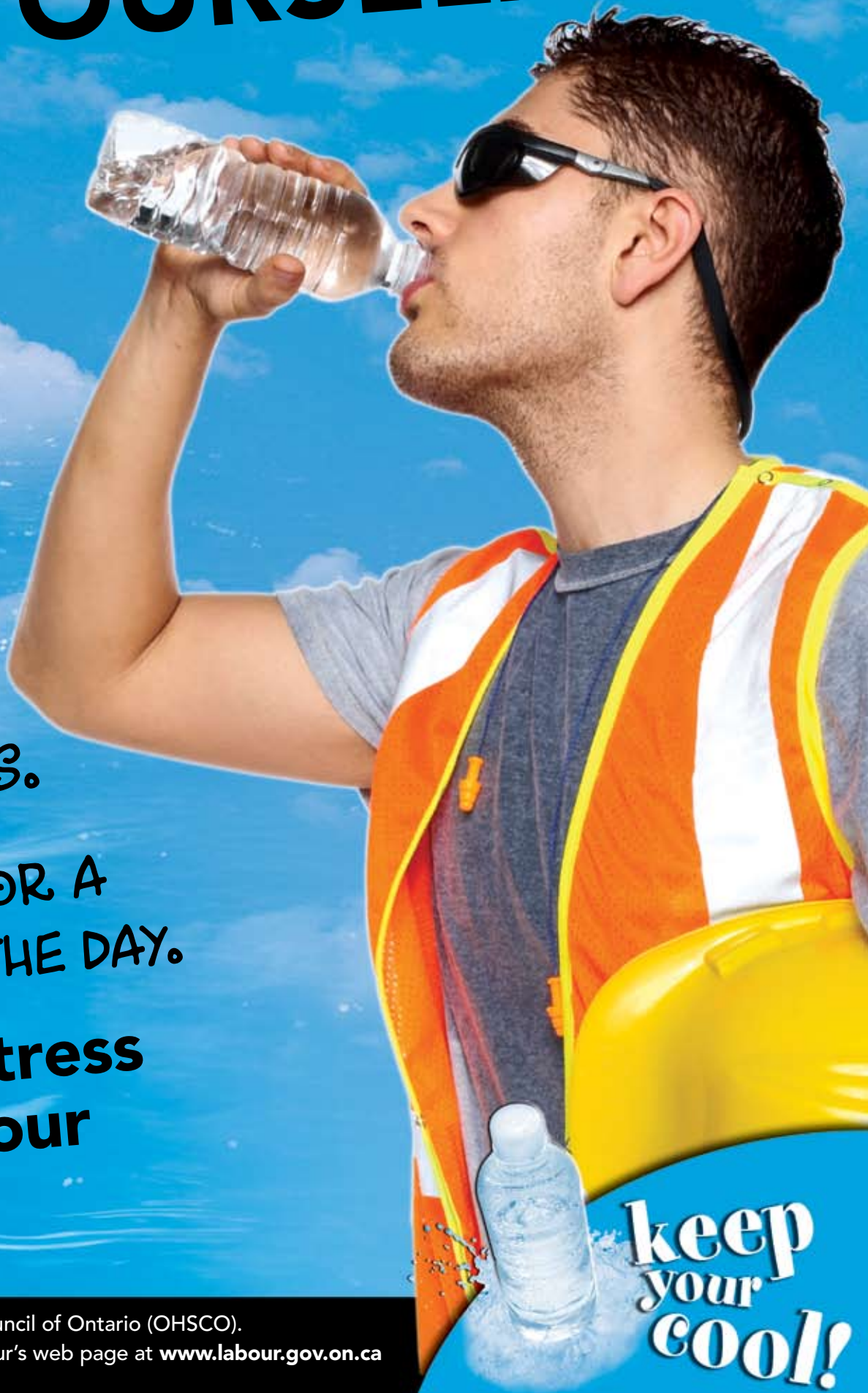
Symptoms include  
weakness, fatigue,  
& dizziness



## 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!