

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**



When the weather is hot, avoid caffeine

COOL DOWN, whenever possible



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

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

