



HEAT BUILDS FAST. ACT EARLY.

Hydration, breaks and quick action can prevent heat illness.


STAY AHEAD OF THE HEAT

- Drink water every 15 to 20 minutes
- Do not wait until you feel thirsty
- Take breaks in shade or cooled areas

WORK SMART IN THE HEAT

- Start heavy tasks earlier in the day
- Rotate work and pace yourself
- Support and monitor new workers closely as they adjust to the heat

KNOW THE WARNING SIGNS

-  • Early: thirst, fatigue, headache, dizziness
- Serious: nausea, confusion, fainting
- Move to shade, remove extra layers and apply cool water or ice packs

Heat can become dangerous before it feels extreme. PPE can make it feel even hotter. Speak up early. Cool down fast. **Get Home Safe.**

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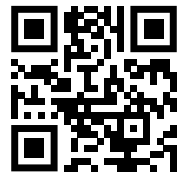
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