

Heat-related illness can come on fast – on the job, in the sun, or even indoors. Stay safe by staying smart this summer:

DRINK WATER—ALL DAY LONG Don't wait until you're thirsty. Hydrate regularly.

A TAKE BREAKS TO COOL DOWN

Find shade or a fan. Rest often, especially in high temps.

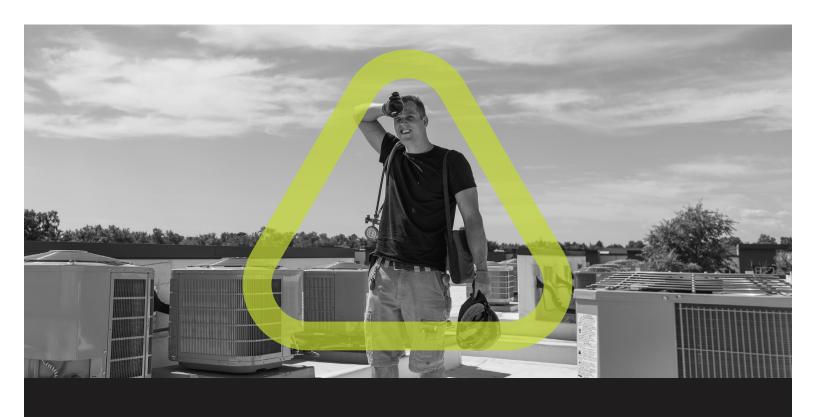
PROTECT AGAINST THE SUN Wear long sleeves, a hat, and sunscreen.

KNOW THE SIGNS
Dizziness, nausea, cramps, confusion, or hot, dry skin?
Speak up and act fast.

LOOK OUT FOR EACH OTHER Check in with your team. Step in if something seems off. Access resources and information







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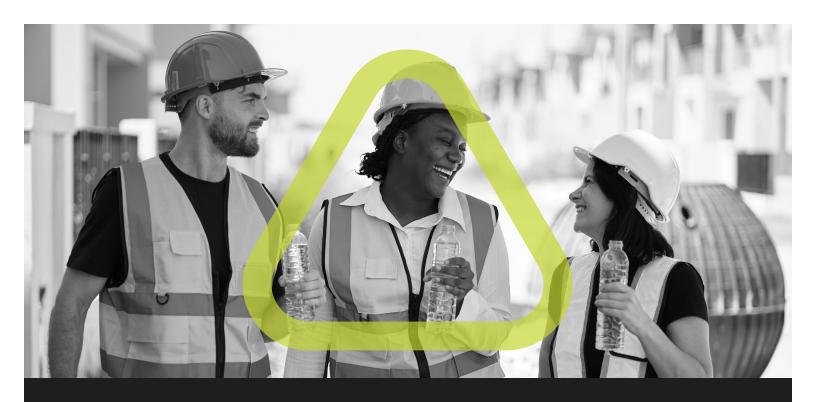
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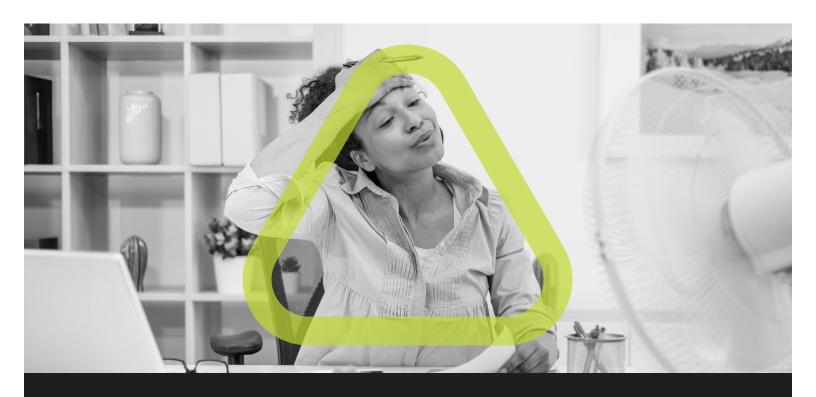
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