



# BEAT THE HEAT. PROTECT YOUR TEAM.

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.
- ▲ **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



Heat stroke is deadly and preventable. Your choices matter.





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