

SUMMER HEALTH TIPS

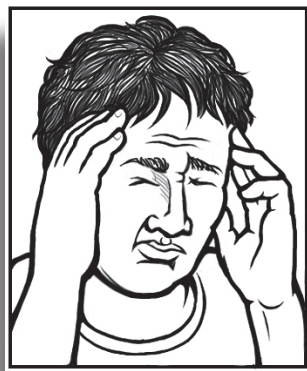
Ways to Avoid Heat Illness



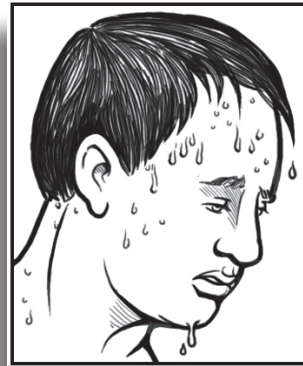
- Keep cool, pace yourself and use common sense
- Wear lightweight, loose fitting clothing
- Drink water every 15 minutes, even if you are not thirsty
- Rest in the shade to cool down
- Wear a hat and apply sunscreen
- Keep an eye on fellow workers
- "Easy does it" on your first days of work in the heat
- Learn the signs of heat illness and what to do in an emergency



Dizziness



Headache



Sweaty Skin

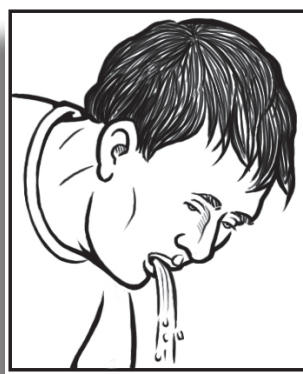


Weakness

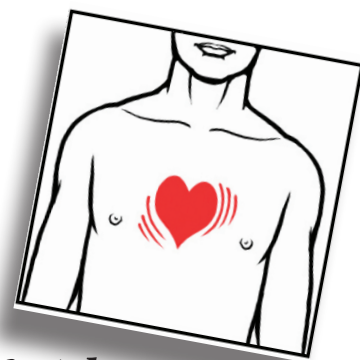
Signs of Heat Exhaustion



Cramps



Nausea,
vomiting



Fast heart beat



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WATER. REST. SHADE.

