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

Signs of Heat Exhaustion

- Dizziness
- Headache
- Sweaty Skin
- Weakness
- Cramps
- Nausea, vomiting
- Fast heart beat

WATER. REST. SHADE.