🌞 Heat Illness Prevention

Stay Safe. Stay Cool. Stay Hydrated.

🚨 Warning Signs of Heat Illness

- Heat Exhaustion: Heavy sweating, weakness, dizziness, nausea, headache, clammy skin.
- Heat Stroke (Medical Emergency!): Confusion, hot/dry skin, fainting, seizures, rapid pulse.

✅ Prevention Tips

- Hydrate: Drink water every 15–20 minutes, even if you are not thirsty.
- Shade & Rest: Take breaks in shaded or cool areas.
- Dress Smart: Light-colored, loose-fitting, breathable clothing, hats.
- Acclimatize: Allow your body to gradually adjust to hot environments.
- Buddy System: Work in pairs—watch out for signs of heat illness in yourself and others.

🧊 Cooling Strategies

- Use fans, cool cloths, or misting sprays.
- Rotate tasks to limit time in direct heat.
- Schedule heavy work for cooler parts of the day.

🚑 What to Do in an Emergency

- Move the person to a cool area immediately.
- Loosen clothing and apply cool, wet cloths.
- Give sips of water if the person is conscious.
- Call 911 if symptoms of heat stroke are present.

⚠️ Remember: Heat illness can be PREVENTED. Protect yourself and your coworkers!