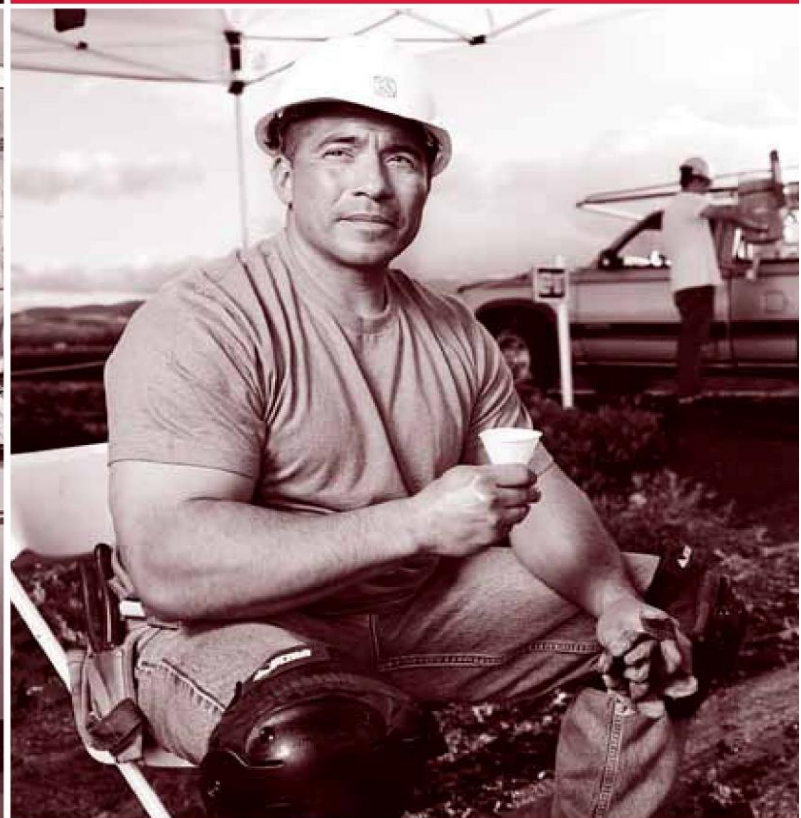
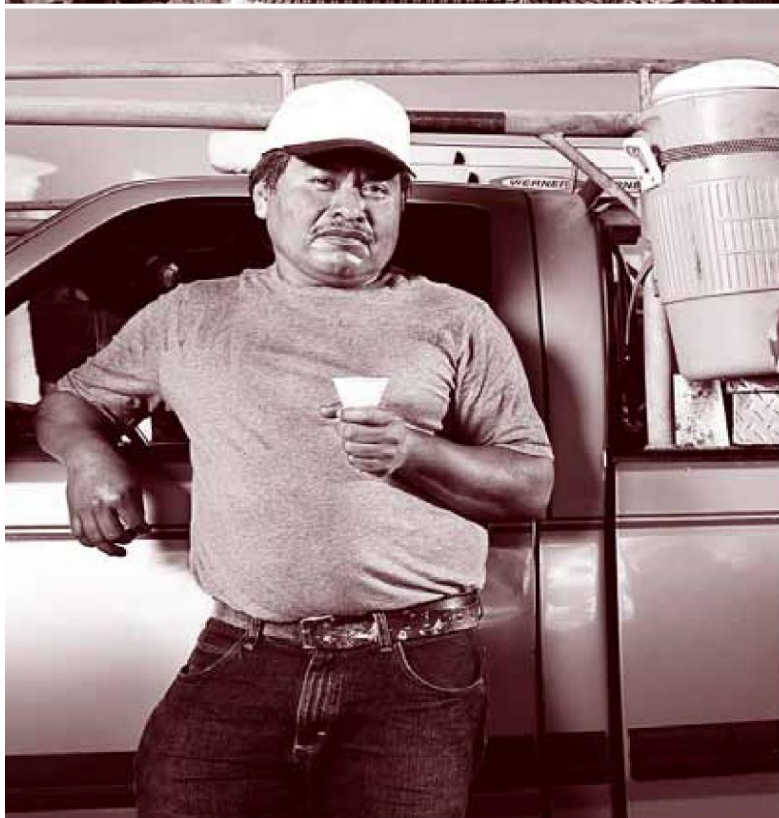




WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

Two types of heat illness:

Heat Exhaustion



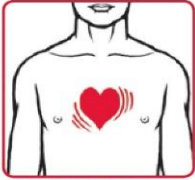
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



Cramps



Heat Stroke



Red, hot, dry skin



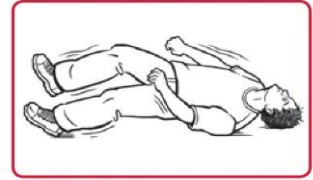
High temperature



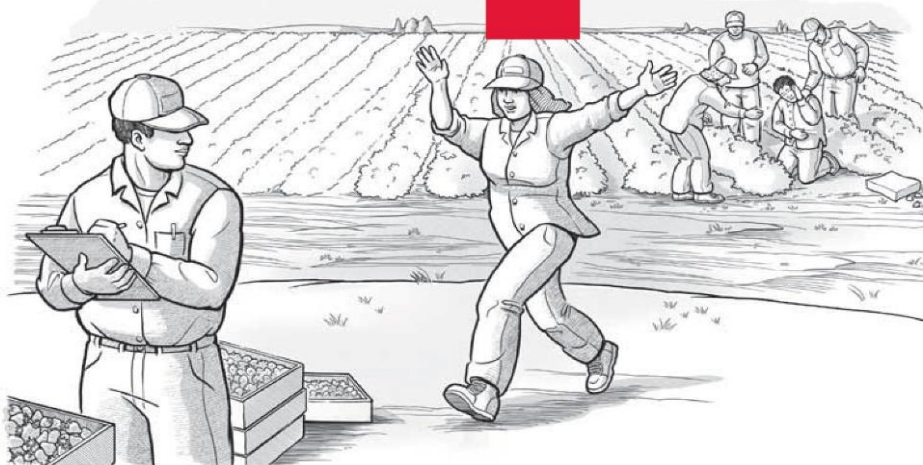
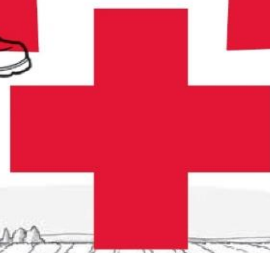
Confusion



Fainting



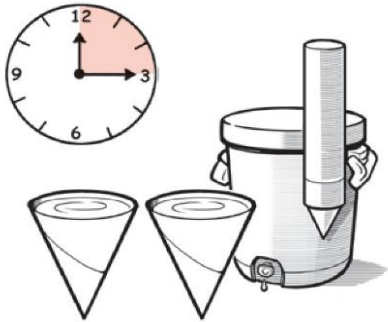
Convulsions



Heat kills – get help right away!

Stay safe and healthy!

Drink water even if you aren't thirsty – every 15 minutes



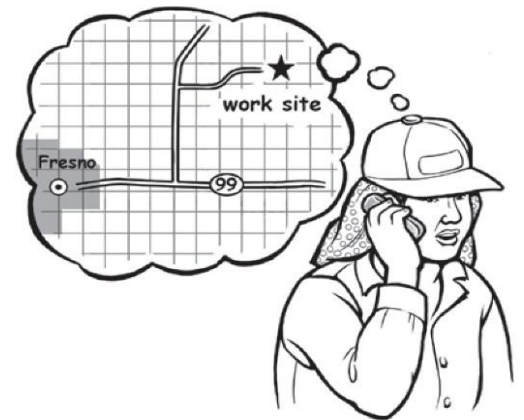
Watch out for each other



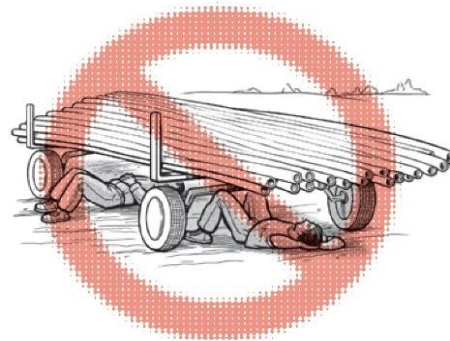
Wear a hat and light-colored clothing



Know where you are working in case you need to call 911



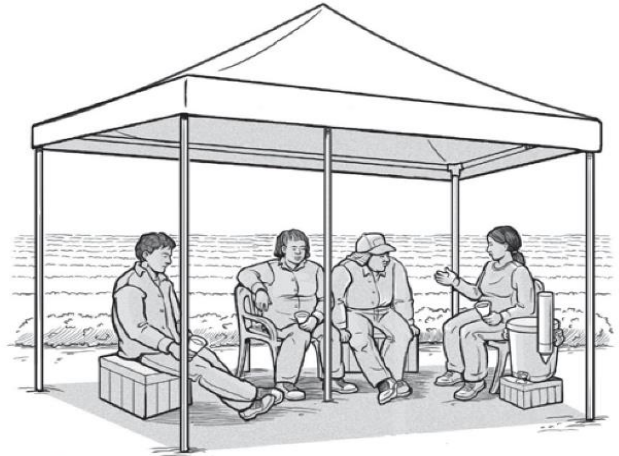
Rest in the shade



Heat illness can be prevented!



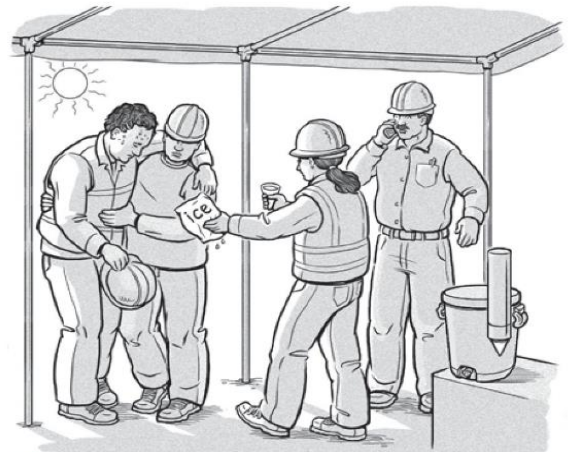
Water



Shade and Rest



Training



Emergency Plan



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