Protect Yourself Against Heat Exposure.

You are at risk if you:

Are new to the job

Work in hot and humid conditions

Do heavy physical labor

Don't drink enough water

Tip 1: Know the Warning Signs

Heat Exhaustion: Weakness & Nausea Headache, Dizziness Wet Skin or Vomiting or Fainting **Heat Stroke:** Convulsions Confusion Excessive sweating or red, or Seizures hot, dry skin or Fainting

Learn more about heat-related illnesses and how to prevent them at http://bit.ly/CPWRHotWeather

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