

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 &
Wet Skin



Headache, Dizziness
or Fainting



Nausea
or Vomiting

Heat Stroke:



Excessive sweating or red,
hot, dry skin



Confusion
or Fainting



Convulsions
or Seizures

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