

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 2: Drink Water & Take Breaks



Take frequent breaks out of the sun.



Drink 1 cup (8 ounces) of water every 15-20 minutes.



DO NOT wait until you are thirsty to drink water.



DO NOT drink alcohol and **AVOID** caffeine.

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