

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

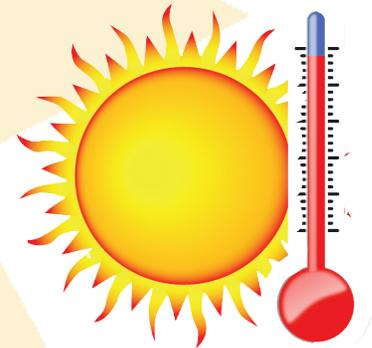
Tip 3: Seek Medical Assistance

Heat Stroke is a medical emergency

Look out for your co-workers—if you see the warning signs take action!

Call 911

Getting help can be the difference between **life** and **death**.



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