



Heat Illness Prevention

Stay Safe. Stay Cool. Stay Hydrated.



Warning Signs of Heat Illness

Heat Exhaustion: Heavy sweating, weakness, dizziness, nausea, headache, clammy skin.

Heat Stroke (Medical Emergency!): Confusion, hot/dry skin, fainting, seizures, rapid pulse.



Prevention Tips

Hydrate: Drink water every 15–20 minutes, even if you are not thirsty.

Shade & Rest: Take breaks in shaded or cool areas.

Dress Smart: Light-colored, loose-fitting, breathable clothing, hats.

Acclimatize: Allow your body to gradually adjust to hot environments.

Buddy System: Work in pairs—watch out for signs of heat illness in yourself and others.



Cooling Strategies

Use fans, cool cloths, or misting sprays.

Rotate tasks to limit time in direct heat.

Schedule heavy work for cooler parts of the day.



What to Do in an Emergency

Move the person to a cool area immediately.

Loosen clothing and apply cool, wet cloths.

Give sips of water if the person is conscious.

Call 911 if symptoms of heat stroke are present.



Remember: Heat illness can be PREVENTED. Protect yourself and your coworkers!