



## HEAT STRESS AWARENESS TOOL

# HEAT STRESS

### RECOGNIZE THE SYMPTOMS...

**weakness, fatigue & dizziness**

**LEARN HOW TO PROTECT YOURSELF!**

- DRINK WATER
- WEAR LIGHT, LOOSE, COTTON CLOTHING
- KEEP YOUR HEAD COVERED
- TAKE FREQUENT BREAKS
- SAVE STRENUOUS WORK FOR A COOLER PART OF THE DAY

**keep your cool!**