­­­­­­ Stay Safe in the Heat



When temperatures rise, stay protected from dangerous heat exposures!

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| **Prevention**  **Take care of yourself in hot weather and watch out for your co-workers.** | **Hydrate Rest Shade**    **Eat Light Monitor Acclimate Meals Weather** | |
| **Recognition**  **Know the early warning signs of heat illnesses to help prevent emergencies.** | **Cramps Headache Sweating**    **Rapid Pulse Red Skin Nausea** |  |
| **Response**  **Heat Stroke is a medical emergency.**  **Call 911 and notify your supervisor immediately.** | **Heat Stroke First Aid - *Call 911!***  **Remove Excess Clothing**  **Use cooling measures**  **Apply Cold Compress**  **Elevate**  **Provide Fluids Feet**  *(If they are able to drink)* | |