­­­­­­ 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)* |