



Heat Illness Awareness

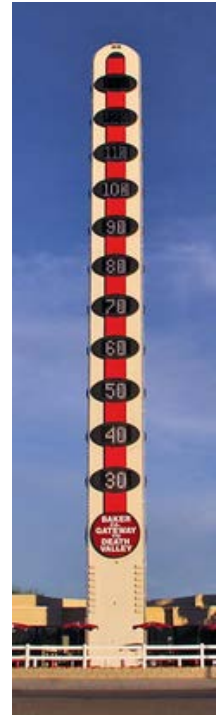
As temperatures rise, so does the risk of heat illness.

Heat illness is completely preventable. All we need to do is be prepared! In hotter months, check the weather forecast for higher temperatures before you leave home. Eighty degrees can be a problem in high humidity.



Drink plenty of water!

Seek shade breaks!



Keep in mind:

- Stay hydrated - drink plenty of water. Avoid soda, alcohol and caffeinated drinks.
- If you must be out in the hot sun, dress lightly and seek or bring shade.
- If you feel lightheaded or dizzy, seek shade and drink water. If symptoms do not improve, immediately seek medical attention. Heat illness is serious business!

If you are feeling lightheaded or dizzy, the shade has disappeared, or if a coworker seems disoriented - let your supervisor know immediately!

*It only takes a minute to make a safe choice.
It takes a lot longer to recover from an unsafe one.*