

# BEAT THE HEAT

## STAY SAFE. STAY STRONG.

Prevent heat illness.

Protect yourself and your crew.



**Outdoor heat can be dangerous. Heat illness is preventable.**

### WATER

- Drink often and stay hydrated.
- Drink water before, during, and after work.
- Do not wait until you're thirsty.
- Remind your crew to drink water.

### COOLDOWN AREAS

- Take regular breaks in a cool, shaded area.
- Use fans, misters, or air conditioning when available.
- Listen to your body and rest.

### WORKING SMART

- Plan ahead and look out for each other.
- Schedule heavy work during cooler times.
- Watch out for each other.
- Follow your employer's heat illness prevention plan.

### KNOW THE SIGNS OF HEAT ILLNESS

- Headache or dizziness
- Nausea or vomiting
- Rapid heartbeat
- Confusion or slurred speech
- Fainting or unconsciousness

### ACT FAST

- Move to a cool area
- Drink water
- Get help
- Call 911 if it is an emergency