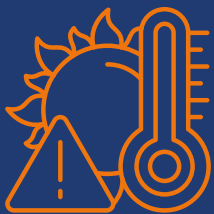




HEAT STRESS: IT TAKES A TEAM TO STAY COOL



Help your team identify heat stress. Finding heat stress signs in your team can help keep each other safe by communicating caution and empowering one another to take a moment to cool off.

WHY IT MATTERS

- Heat stress comes in many forms, and it is important to be able to identify those signs.
- When you have identified heat stress signs on yourself or your coworkers it is very important to communicate your concern to them or a supervisor.
- Make sure you and your coworker are drinking plenty of fluids and resting in a cool shaded area.



SIGNS OF HEAT STRESS:



Being thirsty is the first sign of dehydration.



Excessive sweating.



Fatigue, or muscle cramps.



Heat rash
(Appears as itchy red bumps or blisters)



Headaches, nausea, or dizziness.



**LOOK OUT FOR ONE ANOTHER AND HELP EACH OTHER
STAY COOL WHEN THE TEMPERATURES RISE.**