

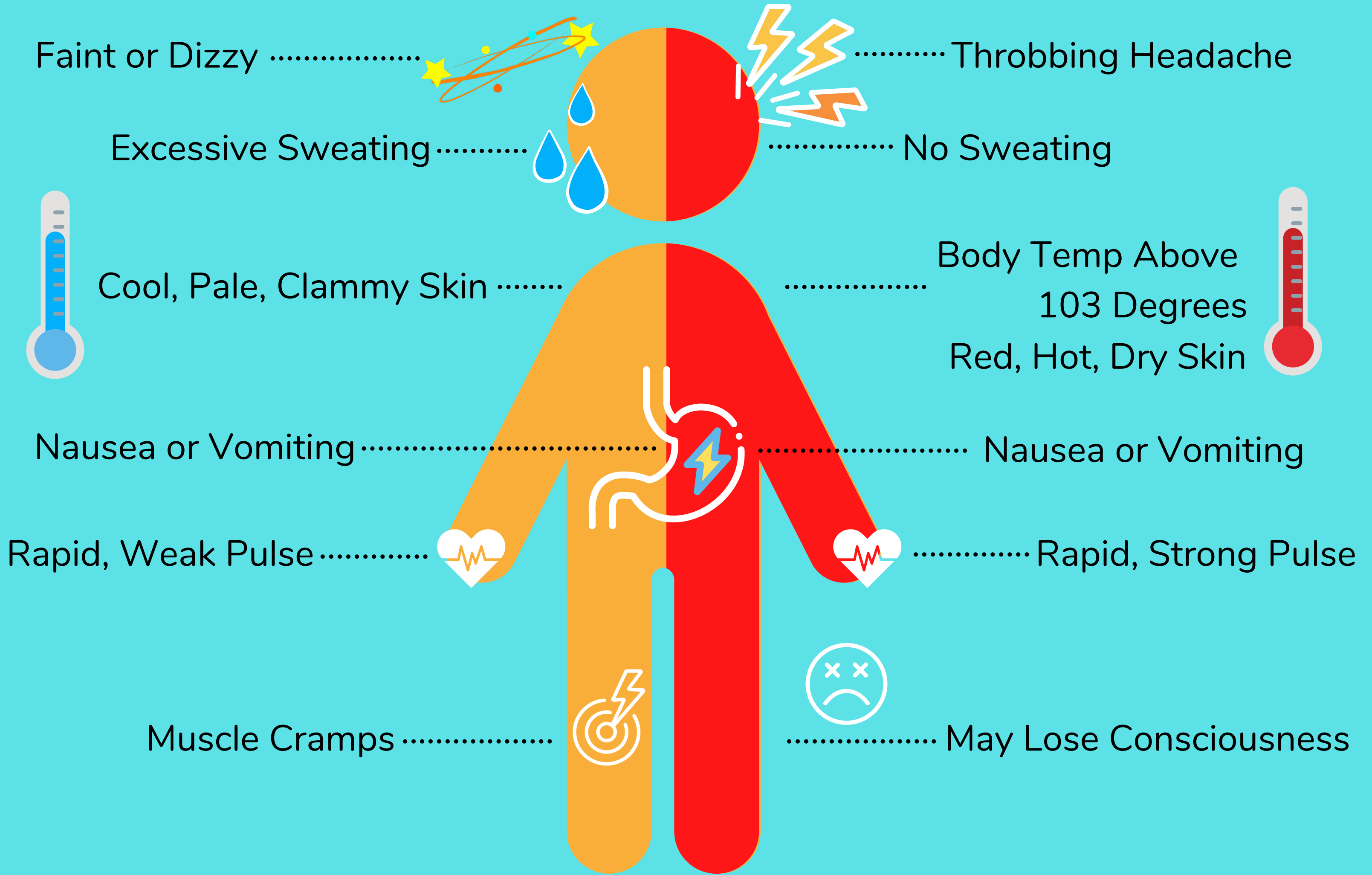
PREVENTING

HEAT ILLNESS

AT WORK

KNOW THE SIGNS AND ACT FAST!

HEAT EXHAUSTION OR HEAT STROKE



CALL 9-1-1

- Get to a cooler, air-conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives