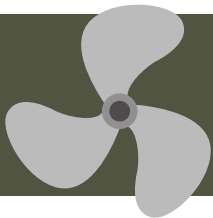


Heat Safety

Symptoms to look out for:

- Fatigue • Cramps • Dizziness • Headache • Fast heart rate (over 100 beats per minute) • Nausea or vomiting • High body temperature • Heavy sweating or dry skin • Confusion • Fainting • Shaking



REMEMBER: A few minutes in the shade or AC can help prevent heat stroke or illness.

If someone is experiencing these symptoms, call 911 (or your local emergency services) & notify the supervisor while waiting for help to arrive.



- Move the person under the shade.
- Ask them to loosen their clothes/remove extra layers.
- Help them lower their temperature: Fan the person. Put a wet cloth to the forehead, groin, & armpits.
- If the person is not vomiting give them water, a little at a time.
- Never leave the person alone.



DRINK PLENTY OF WATER

Drink one quart of water (2 water bottles) every hour during your shift.

WEAR LIGHT-WEIGHT/LOOSE-FITTING CLOTHING

Include bandana; UV-absorbent sunglasses.

TAKE FREQUENT BREAKS

Frequent breaks in the cool shade allows the body to recover.

Find more info at <http://bit.ly/agheatsafety>