

PREVENT HEAT-RELATED ILLNESS

Wearing PPE increases your risk for heat-related illnesses.



TAKE TIME TO ACCLIMATIZE.

Work shorter shifts until your body has adjusted to the heat.



STAY WELL HYDRATED.

Drink often, before you get thirsty.



WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.

Designate a buddy and ask how they feel periodically.



TAKE TIME TO REST AND COOL DOWN.

Sit somewhere cool, rest, and rehydrate frequently.