




# You are at risk if you:

- Are new to the job 
- Work in hot and humid conditions 
- Do heavy physical labor 
- Don't drink enough water

## Drink Water & Take Breaks



- Take frequent breaks out of the sun
- Drink 1 cup (8 ounces) of water every 15-20 minutes.
- DO NOT** wait until you are thirsty to drink water.
- DO NOT** drink alcohol and **AVOID** caffeine.

## Know the Warning Signs

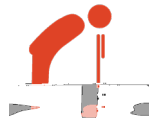
Heat Exhaustion:



Weakness & Wet Skin  
Heat Stroke:



Headache, Dizziness or Fainting



Nausea or Vomiting



Confusion or Fainting

GRAPHICS COURTESY OF BRENT MAXWELL, W. X. CHEE, STEPHAN B. VAUTERS, MATEUS DIAS GOMES, GAN KHOON LAY, AND LUIS PRADO FROM NOUN PROJECT

Learn more about heat-related illnesses and how to prevent them at <http://bit.ly/CPWRHotWeather>