




Protect Yourself Against Heat Exposure.

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

Tip 4: Dress Appropriately

Wear clothes that are:

 Light-colored (white, etc.)



 Loose-fitting

 Lightweight

If you need to wear protective clothing or personal protective equipment, like impermeable clothing, you may need more frequent breaks for water, rest, and shade.

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