

Heat Stress – Landscaping Infographic



**PROTECT YOURSELF FROM
HEAT STRESS**

- Drink plenty of water.
- Don't drink tea, coffee or alcohol
- Wear light clothing.
- Take frequent breaks

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The infographic is a rounded rectangle with a thick black border. The top half has a dark gray background with the text 'PROTECT YOURSELF FROM HEAT STRESS' in large, bold, white letters. To the left of the text is a white silhouette of a person slumped over with a thermometer icon next to them. The bottom half has a white background. On the left is a circular illustration of a person wearing a hard hat and drinking from a water bottle. To the right is a bulleted list of four safety tips. At the bottom right, there is small text with a logo and contact information.

Source: <https://ec.creativesafety.com>