

Tips to Prevent Heat Illness Infographic



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Tips to Prevent Heat Illness

Prevent Heat Illness



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.

For more information visit the NIOSH Heat Stress topic page:
<http://www.cdc.gov/niosh/topics/heatstress/>

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STAY AHEAD OF THE SAFETY CURVE

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