HEAT STRESS PREVENTION PRACTICES

Learn the signs and symptoms of heat-induced illnesses and how to respond to them.

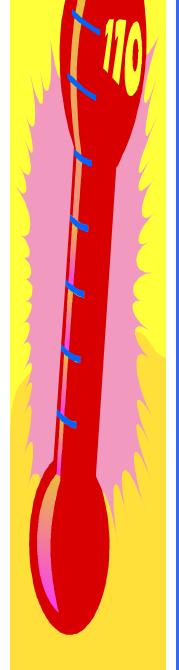
Drink plenty of water- never drink alcohol, and avoid beverages that contain caffeine such as coffee and soda.

Perform the heaviest work during the coolest part of the day.

Wear light, loose-fitting, breathable clothing.

Take frequent breaks, short breaks in cool, shaded areas.

Avoiding eating a large meal before working in a hot environment.





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