





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.

