



## Prevent heat illness with these “cool” tips!

High temperatures and humidity can stress your body's ability to cool itself, making heat illness a concern during hot weather. Symptoms of heat illness include cramps, exhaustion, fainting, dizziness and disorientation. Heat illness can be fatal, but it is preventable with these “cool” tips!

- Condition yourself for working in hot weather. Start slowly then build up to more physical work over a few days.
- Drink plenty of liquids. Hydration is a continuous process. Don't wait until you're thirsty to drink water!
- If you get too hot, find shade. A shaded area is adequate when it blocks all direct sunlight and has room to assume a comfortable posture.
- Wear lightweight, light-colored clothing when working in the sun.

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- Condition yourself for working in hot weather. Start slowly then build up to more physical work. Allow your body to adjust over a few days.
- Drink plenty of liquids. Hydration is a continuous process. Don't wait until you're thirsty to drink water!
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