

# IMPORTANT HOT WEATHER SAFETY TIPS

It's **HOT**  
out there!  
Practice  
Heat Safety



Here's what you can do to keep cool and avoid heat related illness.



**HYDRATE**  
Stay hydrated  
before, during  
and after  
activities.



**FIND SHADE**  
Take frequent  
breaks and  
cool down.

**DRESS RIGHT**  
Wear the  
appropriate  
uniform; protect  
yourself  
and keep cool.



**KNOW** warning  
signs of heat  
exhaustion and  
heat stroke.  
(Open the two page  
attachment for more  
info)

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"><li>Get to a cooler, air conditioned place</li><li>Drink water if fully conscious</li><li>Take a cool shower or use cold compresses</li></ul>		<b>CALL 9-1-1</b> <ul style="list-style-type: none"><li>Take immediate action to cool the person until help arrives</li></ul>



**HYDRATE, HYDRATE, HYDRATE**  
**DRINK** more water than usual.

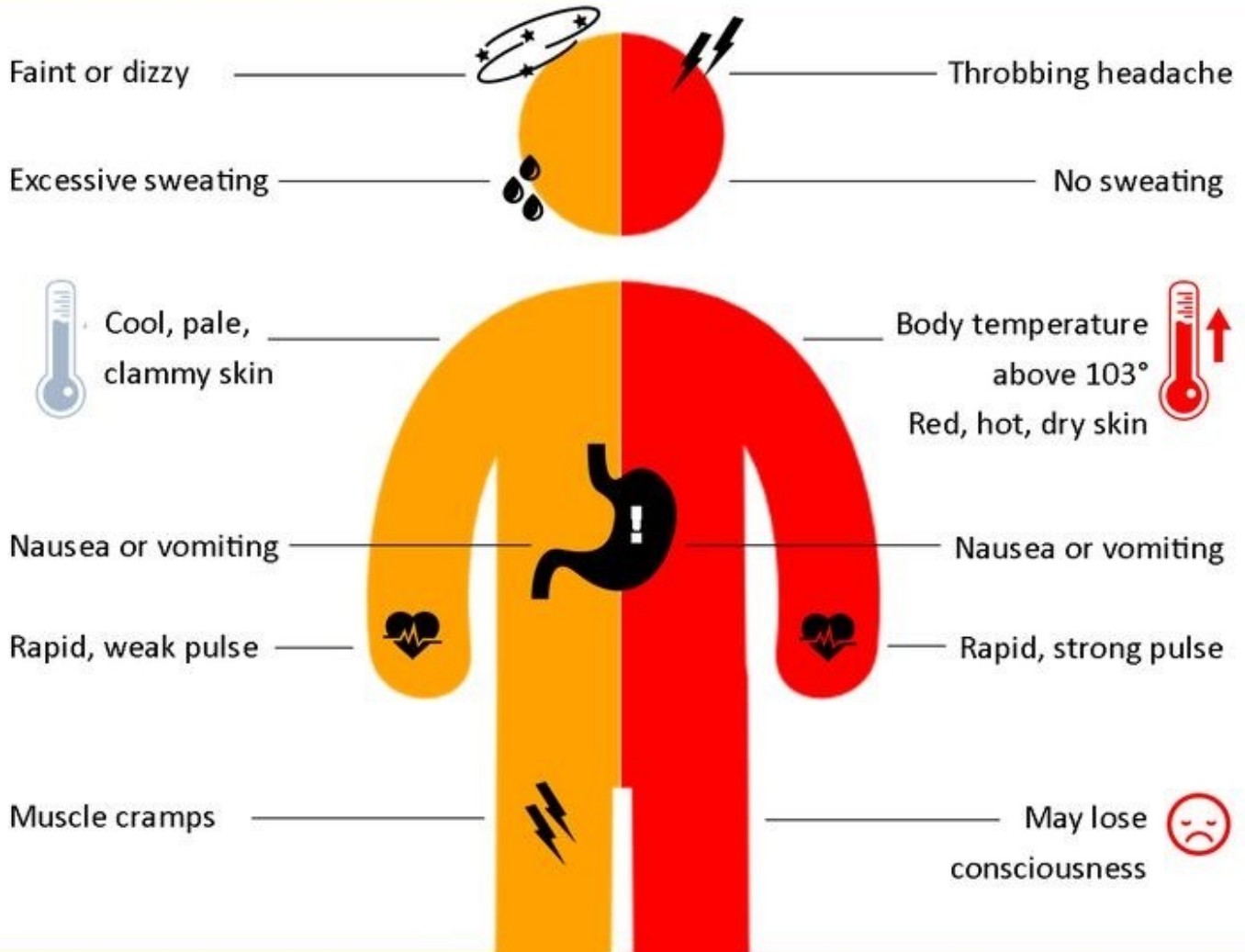
**AVOID** drinks with sugar, alcohol and caffeine.

**REPLACE** electrolytes to reduce fatigue.

# HEAT EXHAUSTION

OR

# HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives