WATER.
REST.
SHADE.

The work can't get done without them.

A HEAT SAFETY FACT SHEET
Two types of heat illness:

**Heat Exhaustion**
- Dizziness
- Headache
- Sweaty skin
- Fast heart beat
- Nausea, vomiting
- Weakness
- Cramps

**Heat Stroke**
- Red, hot, dry skin
- High temperature
- Confusion
- Fainting
- Convulsions

*Heat kills – get help right away!*
Stay safe and healthy!

Drink water even if you aren’t thirsty — *every 15 minutes*

Watch out for each other

Wear a hat and light-colored clothing

Know where you are working in case you need to call 911

Rest in the shade