

HEAT STRESS ISN'T COOL



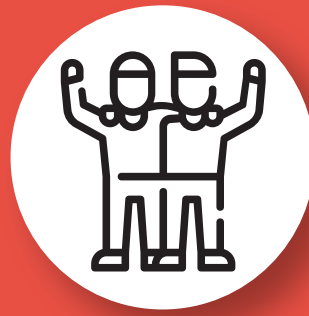
Drink plenty
of water



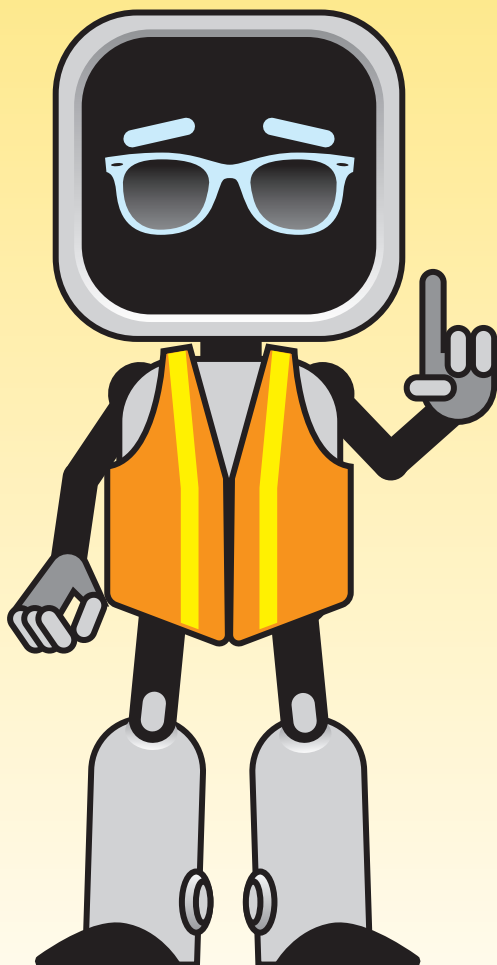
Wear light
clothing when
appropriate



Take
breaks



Monitor work
mates for signs
of heat stress



SIGNS OF HEAT STRESS OR HEAT EXHAUSTION

- ! Feeling sick, weak or clumsy/dizzy
- ! Cramps can also be caused by heat
- ! Discomfort from heat rash

If you have profuse sweating, weakness, nausea or vomiting, headaches and muscle spasms then stop work immediately and seek help.