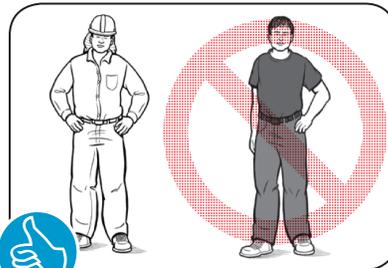


Avoid heat stress!

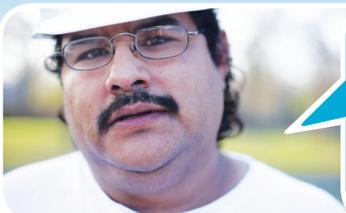
- Know the signs and symptoms of heat stress; watch out for your colleagues and yourself.
- Stay out of direct sun and away from other sources of heat and take breaks often.
- Drink a glass of water every 15 minutes while working in hot, humid conditions.
- Avoid alcohol, caffeinated beverages, and heavy meals.
- Wear light clothing with light colors, and never tight clothes.



"Everyone knows that construction work is dangerous, but not everyone knows how to be safe in their work."—RAMÓN HERNÁNDEZ



HEAT STRESS:
PROTECT
YOURSELF FROM
HEAT STRESS



Parece que formas muy fáciles de evitar los peligros del estrés por calor son:

1. Estarse consciente del cuerpo.
2. No trabajar demasiado.

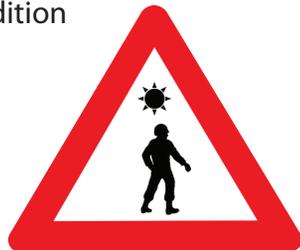


HEALTH AND SAFETY TRAINING IN CONSTRUCTION
WORKERS DEFENSE PROJECT / PROYECTO DEFENSA LABORAL

PROTECT YOURSELF FROM HEAT STRESS!

What kinds of things cause heat stress?

- Physical effort and a poor physical condition
- High temperatures and humidity
- Limited air movement
- Some medications



What are the symptoms of a heat stroke?

Dry, hot skin,
without sweat



Confusion or lack
of consciousness



Convulsions or attacks



What are the symptoms of heat stress?

Weakness and
moist skin



Headaches,
dizziness



Nausea or
vomiting



What do I do
if a coworker is
showing these
symptoms?

Call 911
immediately!



Overheating and heat stroke can sneak up on anyone. The best turnout: they can make you less productive. The worst: they can threaten your life.



While waiting for help:

1. Move the person to a cool, shaded area.
2. Take off any tight or heavy clothing.
3. Spray them with cool water and give them water to drink.