**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

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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 heat stress?
- Weakness and moist skin
- Headaches, dizziness
- Nausea or vomiting

What are the symptoms of a heat stroke?
- Dry, hot skin, without sweat
- Confusion or lack of consciousness
- Convulsions or attacks

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.