



IS SAFETY ONE OF YOUR PRODUCTS?



Keep Your Cool!

- Drink plenty of fluids.
- Wear lightweight clothing.
- Take breaks when needed.
- Know your fitness condition.
- Recognize these symptoms:
 - Dizziness, feeling faint
 - Cramps, headache, nausea, chills

Cool down if symptoms occur!
Report heat stress concerns to your supervisor.
DIAL 911 if symptoms continue or loss of consciousness occurs.