BEAT THE HEAT, STAY SAFE!

Heat related injury occurs when our body is not able to cool itself sufficiently and excess heat builds up. Warmer or more humid weather may lead to an increased risk of heat related injuries.

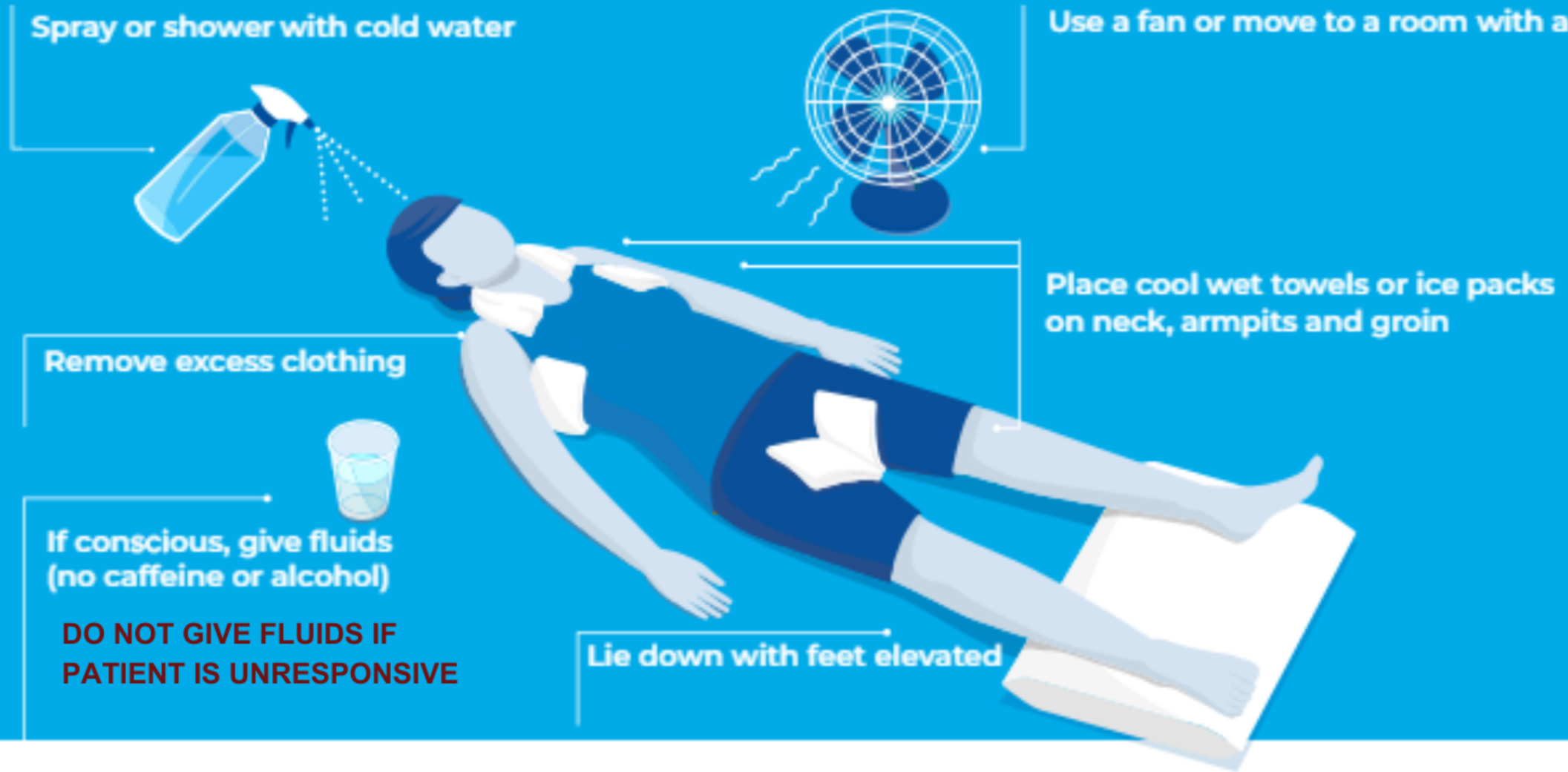
LOOK OUT FOR THESE SYMPTOMS:

WHAT TO DO?

Move to a cool, shady area

HEAT STROKE CALL **995!**

Cool down entire body



PREVENTION

Avoid caffeine and alcohol

Frequent rest and water breaks

Wear light, loose clothes

Sunshades in parked vehicles

Avoid tasks in direct sun

Physical tasks during cooler times

Acclimate to hot conditions slowly

Keep work areas cool

Shower or mist with cool water

Use a buddy system

Review first aid plans and supplies

Monitor forecasts and prepare

sata CommHealth

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