



Preventing Heat Illness

In hot and humid weather, sometimes your body's natural cooling system isn't enough. Heat cramps, heat exhaustion and heat stroke pose a very real threat to outdoor workers. Follow these simple steps to keep yourself cool and safe:

- Wear loose, light-colored clothing and some type of hat.
- Be conscious of warm conditions, especially if performing strenuous tasks.
- Take breaks in the shade when possible, and remove any protective gear you may be wearing.
- Avoid overexertion during peak temperature hours, especially midday.
- Drink plenty of water, even if you don't feel thirsty—at least 8 ounces every 20 to 30 minutes.
- Stay away from drinks that contain caffeine—such as coffee, tea or soda—as they can dehydrate you.