

BEAT THE HEAT. STAY SAFE.

HEAT STRESS

High temperatures can put your health and safety at risk.

Heat stress happens when your body overheats and can't cool down. It can lead to fatigue, heat illness, and even serious medical emergencies.

Know the risks.
Take action.
Look out for each other.



IT'S HOT OUT THERE.
WATER. REST. SHADE.
TAKE CARE OF YOU.

KNOW THE SIGNS OF HEAT STRESS

Watch for yourself and your coworkers:



Heavy sweating or no sweating



Dizziness, lightheadedness



Rapid heartbeat



Headache or muscle cramps



Nausea or feeling sick



Extreme fatigue or confusion

DON'T IGNORE THE SIGNS.
GET HELP RIGHT AWAY.

PREVENT HEAT STRESS

Simple steps make a big difference.



Drink water often—don't wait until you're thirsty.



Take breaks in the shade or a cool area.



Wear lightweight, breathable clothing.



Pace yourself and avoid rushing.



Look out for each other.

STAY COOL. STAY HYDRATED.

Make hydration and breaks part of your routine.



Drink water every 15–20 minutes.



Avoid caffeinated and sugary drinks.



Rest in the shade or A/C when possible.



Schedule heavy work during cooler parts of the day.



Check in with your team throughout the day.

TODAY'S CHALLENGE



Drink water. Take a 15-minute break in the shade or a cool area.

Small steps today can prevent heat illness tomorrow.



WE WANT TO HEAR FROM YOU!

How do you stay safe and cool during hot days at work?
Share your best tips with the team!



Heat can be tough.
Smart choices keep you safe.
Stay cool. Stay safe.



Source:
CDC

HAVE A
TOPIC IDEA?



Send suggestions to:
hr4u@fabianobrothers.com



Approved Safety Read topics
earn the contributor a
\$5 HIP Credit!



SAFETY STARTS WITH YOU.
STAY COOL. STAY SAFE.

