PREVENT HEAT-RELATED ILLNESS

Wearing PPE increases your risk for heat-related illnesses.

- **TAKE TIME TO ACCLIMATIZE.**
  Work shorter shifts until your body has adjusted to the heat.

- **STAY WELL HYDRATED.**
  Drink often, before you get thirsty.

- **WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.**
  Designate a buddy and ask how they feel periodically.

- **TAKE TIME TO REST AND COOL DOWN.**
  Sit somewhere cool, rest, and rehydrate frequently.

For more information visit the NIOSH Heat Stress topic page: http://www.cdc.gov/niosh/topics/heatstress/

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