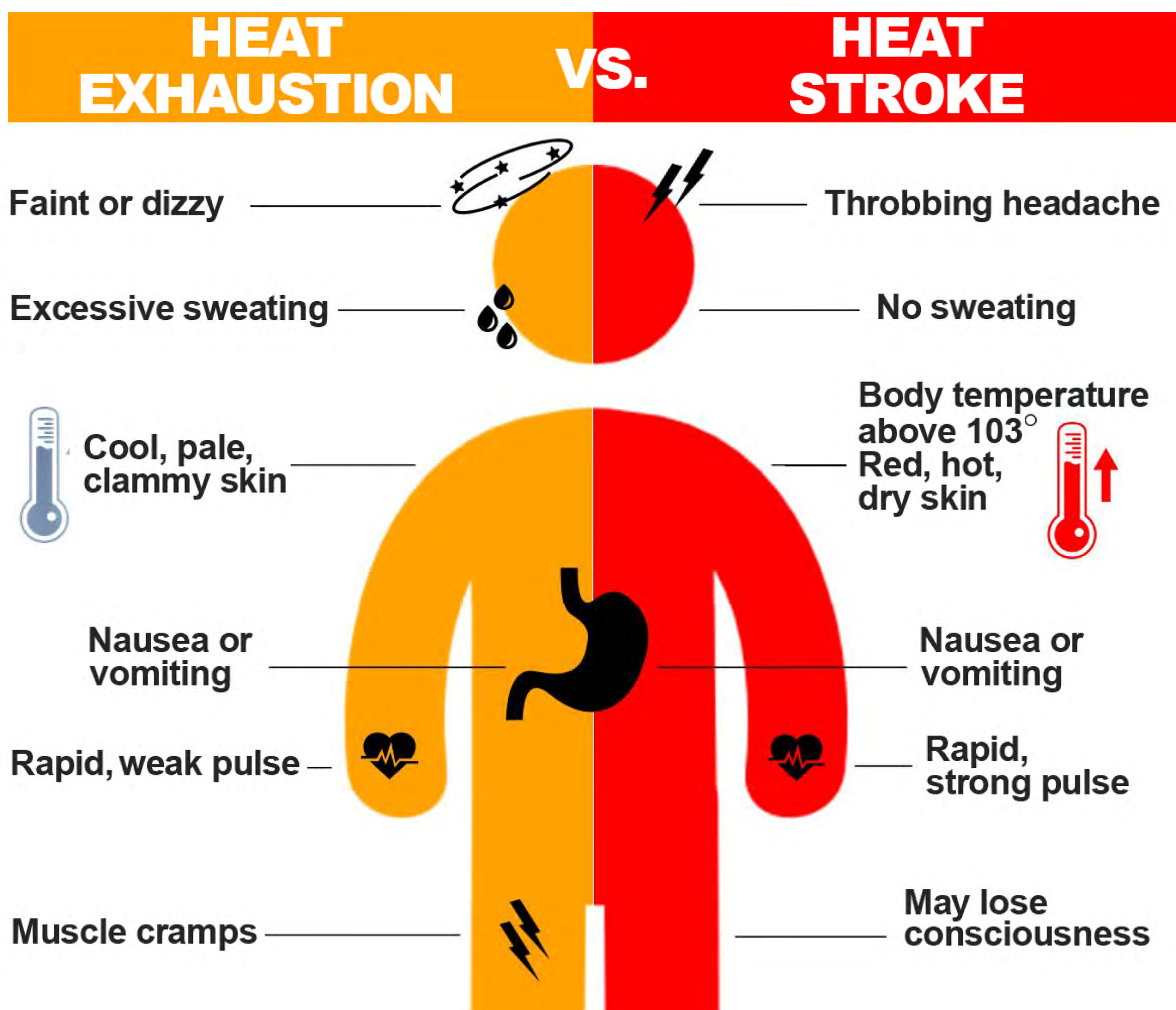


SAFETY

TALK IT UP!

Know the Signs of Heat Stress



Take Steps to Protect Yourself

- Monitor yourself for signs and symptoms of heat illness.
- Wear light-colored, loose-fitting, breathable clothing, like cotton.
- Gradually build up to heavy activity.
- Schedule heavy activity during the coolest parts of the day.
- Take more breaks in high heat and humidity.
- Drink water frequently, enough that you never become thirsty.