

HEAT ILLNESS AWARENESS

TOOLBOX TALK



STAY HYDRATED

DRINK WATER EVERY 15
MINUTES – EVEN IF YOU'RE
NOT THIRSTY



REST IN THE SHADE

TAKE BREAKS TO COOL
DOWN AND RECOVER

KNOW THE SYMPTOMS



HEAT STROKE

HAINTING

CONFUSION

FAINTING

SEIZURES



HEAT EXHAUSTION

NAUSEA

DIZZINESS

HEADACHE



HEAT CRAMPS

MUSCLE PAIN

CALL 911 – IT'S AN EMERGENCY