HEAT STRESS PREVENTION PRACTICES

Learn the signs and symptoms of heat-induced illnesses and how to respond to them.

Drink plenty of water—never drink alcohol, and avoid beverages that contain caffeine such as coffee and soda.

Perform the heaviest work during the coolest part of the day.

Wear light, loose-fitting, breathable clothing.

Take frequent breaks, short breaks in cool, shaded areas.

Avoiding eating a large meal before working in a hot environment.

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