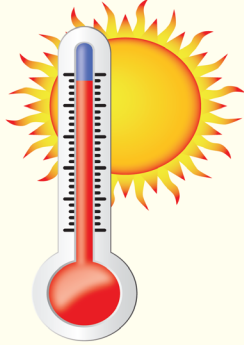


Safety Talk Tuesday

Destination: Beat The **HEAT** Heat Safety Facts and Tips



As temperatures rise,
so do your risks of
getting *Heat Stroke* or
Heat Exhaustion

Know The Signs of Heat Stroke and Exhaustion



Excessive Sweating
Dizziness
Cold Clammy Skin
Nausea
Rapid Weak Pulse



Sweating Stops
Severe Headache
Dry and Hot Skin
Nausea
Rapid Strong Pulse

IF YOU HAVE HEAT STROKE CALL 911

How To Treat Heat Exhaustion



- 1) Drink lots of Non-Caffeinated and Non-Alcoholic liquids
- 2) Remove tight or unnecessary clothing
- 3) If Possible take a cool shower or bath
- 4) Get out of the Sun
- 5) Try and use a cool, damp towel or fans to cool yourself off.