

½ liter every ½ hour

Warning Signs

Heat Exhaustion Heat Stroke

Muscle cramps Heavy sweating

Heat related injuries are preventable.

- Take frequent breaks
- · Drink plenty of water
- Avoid caffeine drinks
- · Wear light clothing

Pale skin Tired Weak Dizzy **Fainting** Nausea **Vomiting** Headache

High body temp Red, hot, dry skin No sweating

Rapid pulse

Confusion

Unconscious

Headache

Dizzy

Nausea

STOP

Heat Stroke is life threatening. Get a victim to a cool area and medical attention immediately

Watch out!

Heat Exhaustion can quickly turn to Heat Stroke if left untreatedI

WEAR LIGHT, LOOSE CLOTHING

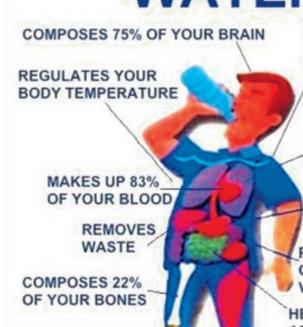
ACCLIMATE TO HOT CONDITIONS SLOWLY

HEAT STROKE PREVENTION

AVOID EXERCISE DURING THE HOTTEST PART OF THE DAY

STAY WELL HYDRATED

WATER



CUSHIONS YOUR

JOINTS

HELPS CARRY NUTRIENTS AND OXYGEN TO YOUR CELLS

MOISTENS **OXYGEN**

> HELPS CONVERT **FOOD TO ENERGY**

PROTECTS AND CUSHIONS YOUR VITAL ORGANS

HELPS YOUR BODY ABSORB NUTRIENTS

MAKES UP 75% OF YOUR MUSCLES