



1/2 liter every 1/2 hour

Warning Signs

Heat Exhaustion

Muscle cramps
Heavy sweating
Pale skin
Tired
Weak
Dizzy
Fainting
Nausea
Vomiting
Headache

Heat Stroke

High body temp
Red, hot, dry skin
No sweating
Rapid pulse
Confusion
Unconscious
Headache
Dizzy
Nausea

Heat related injuries are preventable.

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

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 untreated!

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

COMPOSES 75% OF YOUR BRAIN

REGULATES YOUR BODY TEMPERATURE

MAKES UP 83% OF YOUR BLOOD

REMOVES WASTE

COMPOSES 22% OF YOUR BONES

CUSHIONS YOUR JOINTS

HELPS CARRY NUTRIENTS AND OXYGEN TO YOUR CELLS

MOISTENS OXYGEN FOR BREATHING

HELPS CONVERT FOOD TO ENERGY

PROTECTS AND CUSHIONS YOUR VITAL ORGANS

HELPS YOUR BODY ABSORB NUTRIENTS

MAKES UP 75% OF YOUR MUSCLES

