



WORKING *in a heat wave.*



Drink 8 oz. (1 cup) of water every 15-30 minutes.



Wear lightweight, light color clothes, cover your head outdoors, and avoid direct sunlight if possible.



Start hydrating before you feel thirsty! If you're thirsty, you're already dehydrated!

Watch for Signs of **HEAT EXHAUSTION**

Faintness or dizziness
Excessive sweating
Cool & clammy skin
Nausea/Vomiting
Rapid, weak pulse
Muscle cramps

Get to a cool place, drink water, use cold compresses.

Watch for Signs of **HEAT STROKE**

Bad headache, confusion
NO sweating
Red, hot, dry skin
Nausea/Vomiting
Rapid, strong pulse
Temp over 103° F

Tell your supervisor and call Emergency Services immediately!

SAFE +
SOUND
Week August 15-21, 2022



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