



— **AWARD** —
STAFFING

HEAT STRESS

Heat stress generally occurs when spending long periods of time outside/inside in excessive heat. Symptoms typically include physical exhaustion, cramping, rashes and dehydration. In the most severe cases, heat stroke can result in confusion, irrational behavior, loss of consciousness and even death.

PREVENT HEAT STRESS:

- Take breaks in cool, shaded areas.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Choose gloves with a liner to absorb sweat and prevent perspiration buildup.
- Prevent dehydration by drinking one cup of water every 15 minutes.
- Avoid beverages such as coffee, tea, alcohol or soda, all of which can deplete the body of fluid.