

# DANGERS OF HEAT

Two types of heat illness:

## Heat Exhaustion

- Dizziness
- Headache
- Sweaty skin
- Weakness
- Cramps
- Nausea, vomiting
- Fast heart beat
- Confusion



## Heat Stroke

- Red, hot, dry skin
- High temperature
- Confusion
- Convulsions
- Fainting
- Rapid breathing

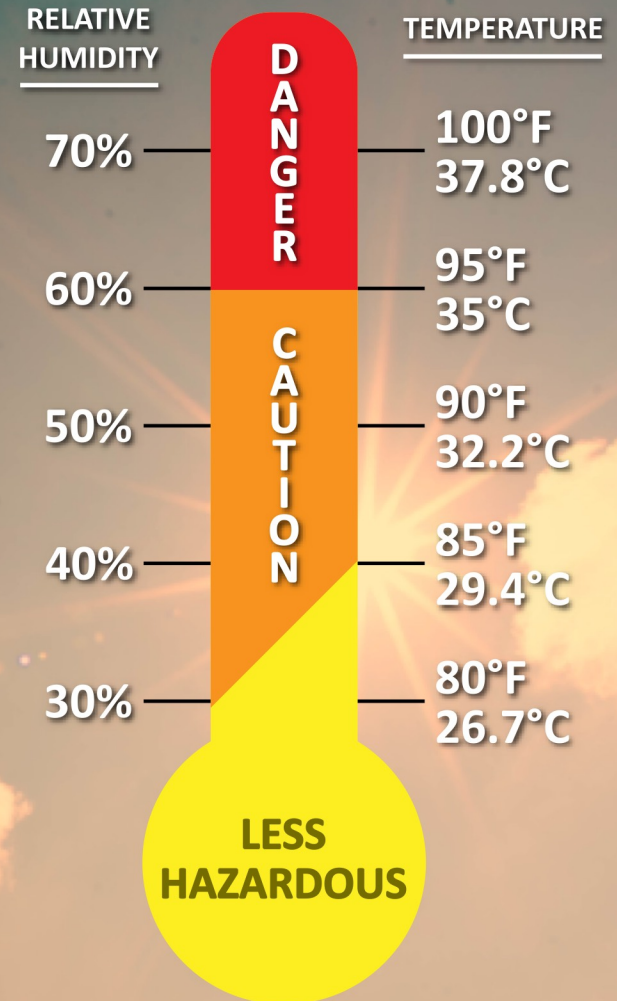


# PREVENTION

REHYDRATE. REST. SHADE. RECOVER.

## Tips to prevent heat illness

- Drink water every 15 minutes
- Rest in the shade
- Monitor others well-being
- Wear hats
- Wear light-colored clothing
- Know what to do in an emergency



For more information about heat-related illness and prevention, please visit our website:

[www.BlofGA.com/risk-management](http://www.BlofGA.com/risk-management)