

# Two types of heat illness:

## Heat Exhaustion



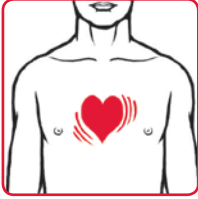
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



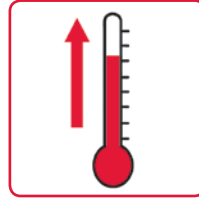
Cramps



## Heat Stroke



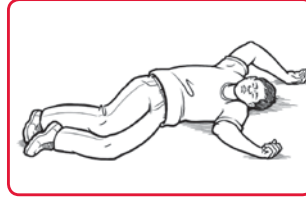
Red, hot, dry skin



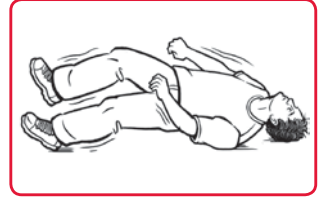
High temperature



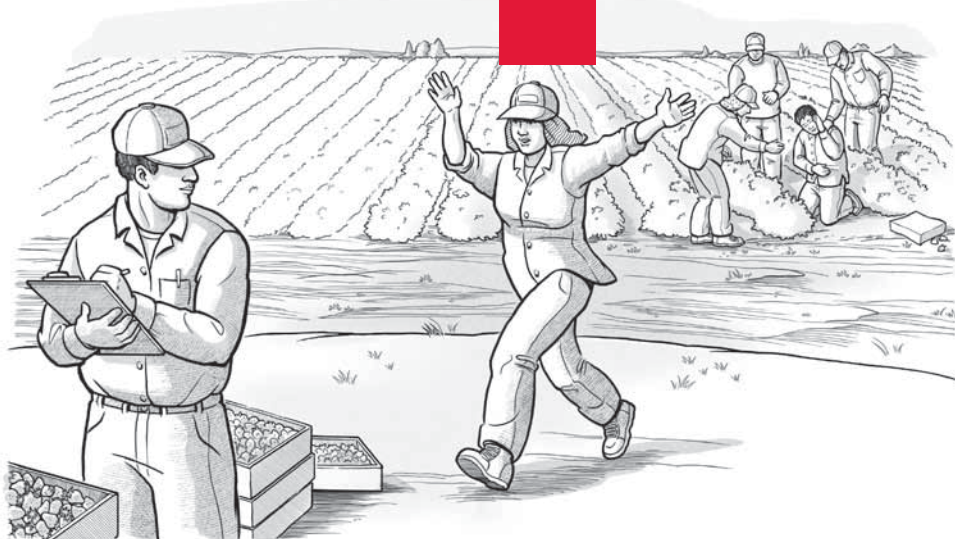
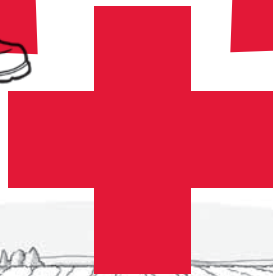
Confusion



Fainting



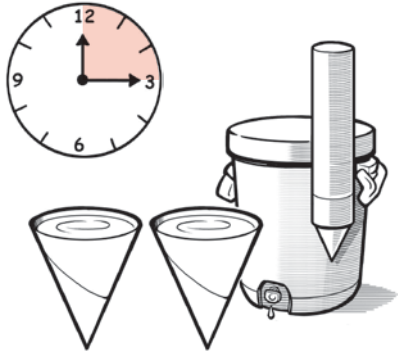
Convulsions



***Heat kills – get help right away!***

# Stay safe and healthy!

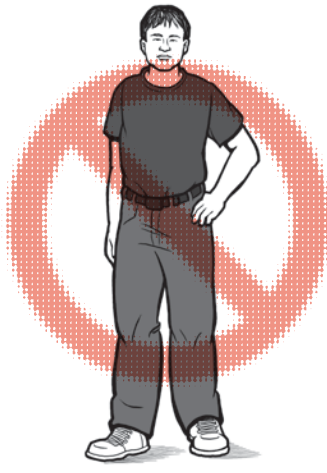
Drink water even if you aren't thirsty –  
*every 15 minutes*



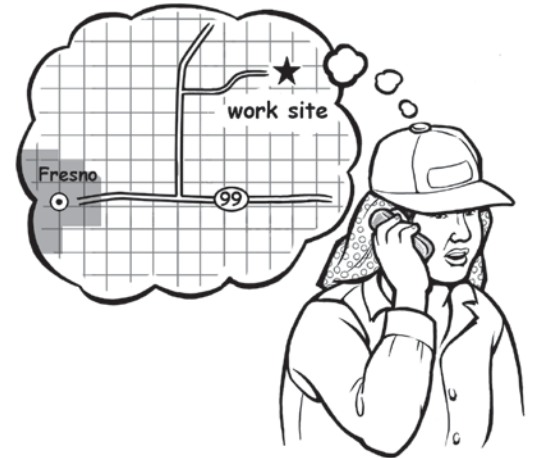
Watch out for each other



Wear a hat and light-colored clothing



Know where you are working  
in case you need to call 911



Rest in the shade

