

# PREVENT HEAT-RELATED ILLNESS

**Wearing PPE increases your risk for heat-related illnesses.**



## **TAKE TIME TO ACCLIMATIZE.**

**Work shorter shifts until your body has adjusted to the heat.**



## **STAY WELL HYDRATED.**

**Drink often, before you get thirsty.**



## **WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.**

**Designate a buddy and ask how they feel periodically.**



## **TAKE TIME TO REST AND COOL DOWN.**

**Sit somewhere cool, rest, and rehydrate frequently.**

For more information visit the NIOSH Heat Stress topic page: <http://www.cdc.gov/niosh/topics/heatstress/>

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