

# Prevent Heat Illness

- Drink water frequently, even if you don't feel thirsty.
- Consider sports drinks when sweating a lot – and avoid alcohol, caffeine and heavy meals.
- Take regular breaks – in a shaded area if possible.
- Use the 'buddy system' to look out for your coworkers.
- Know the signs and symptoms of heat illness – and report them early.

If a worker is suffering from heat illness, immediately contact a supervisor for help. If the worker is not alert, call 911. Stay with the worker until help arrives, providing shade, water and mist or fans if possible.

