

# 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



RELATIVE HUMIDITY

TEMPERATURE

70%

100°F  
37.8°C

60%

95°F  
35°C

50%

90°F  
32.2°C

40%

85°F  
29.4°C

30%

80°F  
26.7°C

DANGER

CAUTION

LESS  
HAZARDOUS

SUNZ  
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or visit our [Risk Management Center](#)