

KEEP COOL AND STAY HYDRATED



goSafe

SPOT THE SIGNS OF HEAT STRESS



Heat Stress risk factors: High temperature and humidity, no wind, low liquid intake, heavy labor, waterproof clothing.

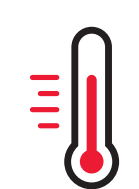




HEAT EXHAUSTION

- Headache / dizziness
- Pale / clammy skin
- Confusion or fatigue
- Thirst / nausea / vomiting
- Rapid heartbeat / Fainting



HEAT STROKE

- Lack of sweat
- Red, hot, dry skin
- Weakness / cramps
- Rapid shallow breathing
- Seizures / passing out

PREVENTION

-  Monitor yourself
-  Avoid heat sources
-  Drink plenty of fluids
-  Wear light clothing
-  Take frequent breaks

EMERGENCY

-  CALL 911.
-  Move to a cool area
-  Remove outer clothing
-  Bathe with cool water
-  Apply an ice pack



If heat is a regular hazard on your worksite, get equipped with **Ergodyne Evaporative Cooling gear** and **Squincer Electrolyte drinks** so you can stay cool and hydrated on the job.



Learn how to beat the heat! **Scan the QR code** to watch our Heat Stress video and follow us on social media to stay up-to-date on resources.

    goSafeSupply

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