

SAFETY IN HEAT

SAFETY



Heat Injuries and Illnesses Symptoms

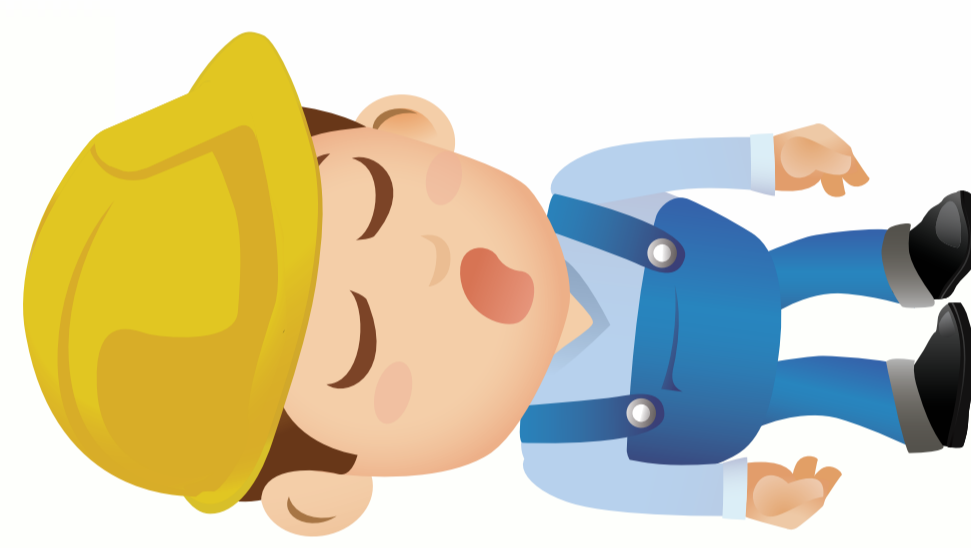
Heat Rash



Heat Cramps



Heat Syncope



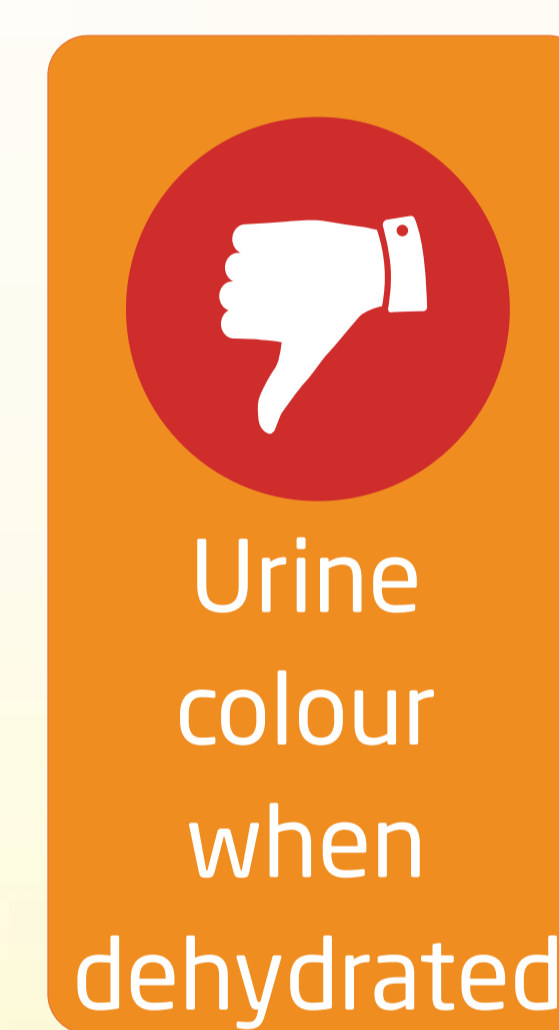
Heat Exhaustion



Heat Stroke



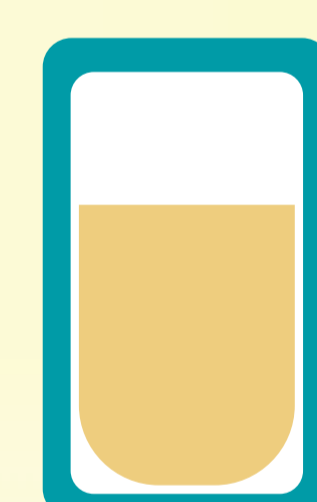
Drink Enough Water



Working Safely in the Heat



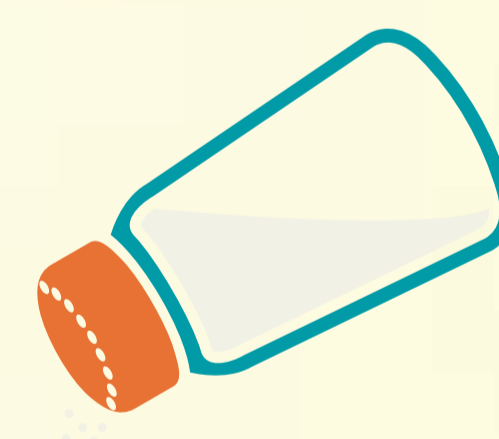
Ensure your body rests by getting enough sleep



Check your urine color. It should be pale yellow



Avoid drinks with large amounts of sugar



Add a little extra salt to your meals



Drink enough water everyday



When unwell, inform your supervisor

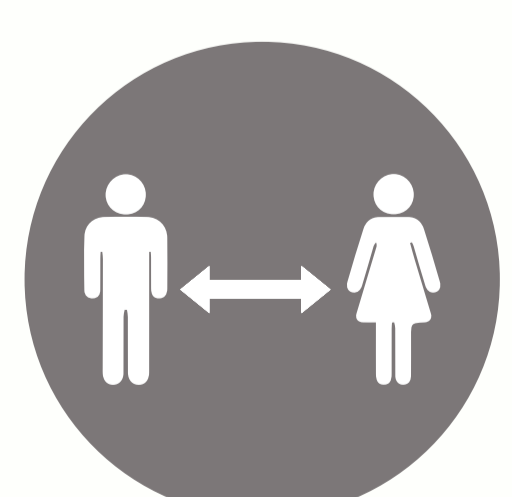


Eat fruits and vegetables everyday



Take small breaks whenever possible

Always follow precautionary measures



Physical Distancing

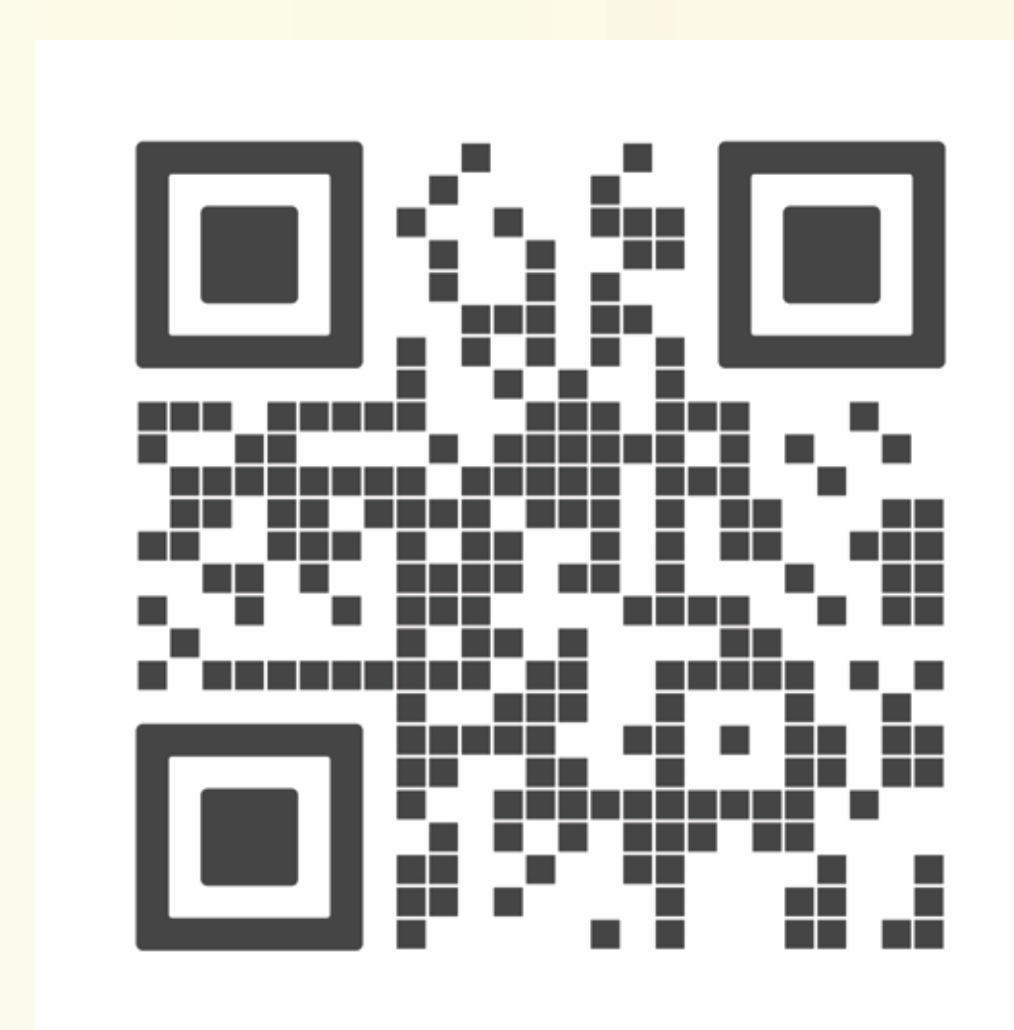


Wear Mask



Wash and sanitize hands

For more information scan the below QR code



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