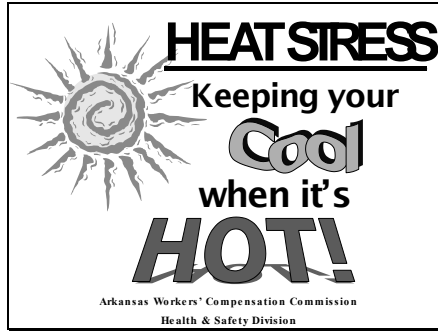


Slide 1



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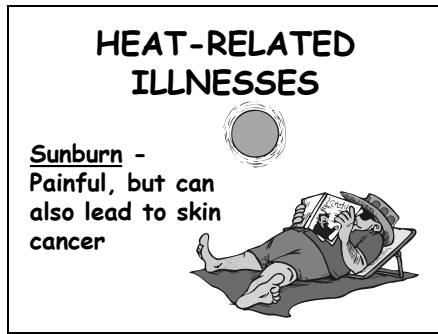
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Slide 2



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Slide 3



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Slide 4

**Heat Cramps** - Painful cramps in the legs, arms or stomach. Happens when you are sweating heavily and losing minerals in your body.

Avoid heat cramps by drinking plenty of fluids and eating a balanced diet.

A cartoon illustration of a man in a tank top and shorts, sitting on the ground with one leg bent and holding his knee in pain. He is sweating profusely and has a pained expression on his face.

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Slide 5

**Heat Exhaustion** -

**Symptoms** - Heavy sweating, thirst, clammy and pale skin, fatigue, weakness and loss of coordination. May also be anxious, faint, nauseous, no appetite.

**Heat exhaustion can be serious!**

A cartoon illustration of a man in a tank top and shorts, standing and looking dizzy with his hands on his knees. He is sweating and has a pale, clammy complexion. A large sun is visible in the background.

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Slide 6

A cartoon illustration of a man in a tank top and shorts, running and looking distressed. He is sweating profusely and has a pale, clammy complexion.

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Slide 7

**Heat stroke** - The most serious heat-related illness. The body loses its ability to cool itself. Death can quickly result if not treated promptly.

**Symptoms** - No sweating, the skin is red, dry and hot. The pulse is rapid. Person may have headaches, dizziness or nausea and may appear confused or delirious. Fainting, seizures or collapse may occur.



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Slide 8

➤ A person in heat stroke needs immediate medical attention at an emergency room or hospital.

➤ Move the person to the coolest place nearby and try to cool them off.

➤ Immerse them in water if possible, but not ice water. Don't give them anything to drink since they may lose consciousness.



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Slide 9

**REDUCE  
YOUR  
RISKS  
of  
HEAT-RELATED  
ILLNESSES**

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Slide 10

➤ Gradually get used to working in the heat. It takes about 2 weeks for your body to adapt to hot conditions. If you go away on vacation for as little as a week, you will have to get used to the heat all over again.

A cartoon illustration of a man in a dark shirt and pants, sweating and looking distressed. He is struggling to carry a stack of four boxes. The top box is falling off, and he is tripping over the bottom box.

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Slide 11

➤ Dress for the heat. Light-colored, loose clothing is better than bare skin.

A cartoon illustration of a man wearing a light-colored, long-sleeved shirt, light-colored pants, and a cap. He is holding a large wrench and looking confident.

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Slide 12

➤ Wear a hat. Use sunscreen to prevent sunburn.

A cartoon illustration of a man wearing a wide-brimmed hat, sunglasses, a light-colored short-sleeved shirt, and shorts. He is making a peace sign with his right hand.

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Slide 13

➤ Drink plenty of fluids throughout the day. Make sure you have plenty of clean water on the job. Your body needs water before you feel thirsty.

➤ Water, fruit juice or sports drinks are best. Sodas, coffee and tea all contain caffeine.



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Slide 14

➤ Limit your intake of alcohol. Alcohol causes dehydration and can be a big contributor to more serious heat-related illnesses.



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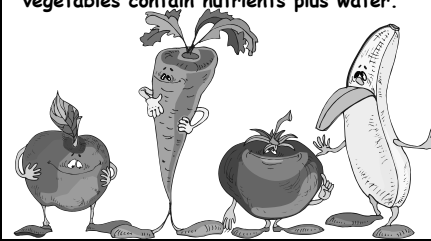
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Slide 15

Eat well-balanced meals. Make sure your body's vitamins and minerals don't get depleted. Fresh fruits and vegetables contain nutrients plus water.



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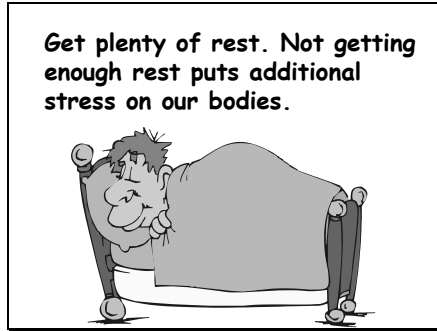
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Slide 16



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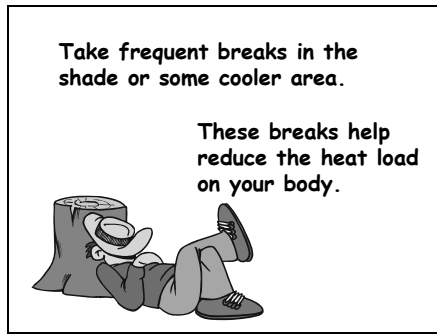
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Slide 17



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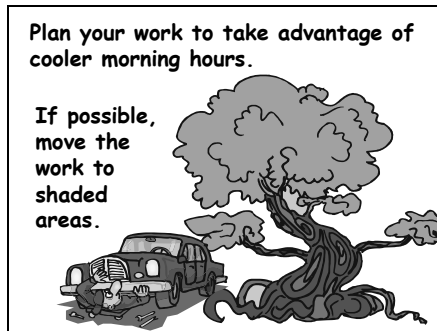
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Slide 18



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Slide 19

Keep an eye on new workers who may have health conditions that make them susceptible to heat-related illnesses.

If someone looks like they are having heat exhaustion or a heat stroke, get them to a cool area and get medical attention **FAST!**

A cartoon illustration showing a worker in a hard hat and work clothes sitting on the ground, looking exhausted or in pain. Another worker, also in a hard hat and work clothes, stands nearby holding a wrench and looking at the first worker. The scene is set outdoors with some tools and a bag on the ground.

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Slide 20

Take care of yourself  
and you'll have it...

**"Made in the Shade"**

A graphic with the text "Made in the Shade" in a stylized, bold font. The text is set against a background that looks like a shadow cast on a surface.

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Slide 21

**Thank You!**

A graphic with the text "Thank You!" in a large, bold, slanted font. The text is set against a plain white background.

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