



# Heat Stress Do's and Dont's



## Do

- ✓ **Stay Hydrated:** Drink plenty of water even if you don't feel thirsty.
- ✓ **Cool Down:** Take cool showers or baths or move to air conditioned/shady place.
- ✓ **Wear Light Clothing:** Opt for lightweight, light-colored, and moisture wicking breathable clothing. Wear hats!
- ✓ **Pace yourself:** Avoid overworking your body in hot environments. Take breaks!
- ✓ **Check on your buddies:** Be sure to check on your co-workers and other around you in hot environments.

## Don't

- ✗ **Drink Alcohol or Caffeine:** These can dehydrate you and worsen heat stress.
- ✗ **Overdress:** Avoid wearing tight or dark clothing when it's hot.
- ✗ **Ignore symptoms:** If you experience any symptoms of heat stress act accordingly or seek medical attention immediately.
- ✗ **Skimp on water:** Staying hydrated is the key to avoiding heat stress.
- ✗ **Drink ice cold drinks:** These can cause stomach cramping in a hot environment.
- ✗ **Leave anybody behind:** Always take care of yourself and others.