

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.

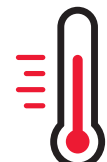




HEAT EXHAUSTION

- 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
-  Give cool drink of 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.

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