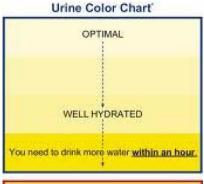
## Preventing heat illness

## Drink enough water or sports drink:



Find shade







Relative Humidity **Temperature** 100 F 70%-37.8°C 96 F 60% 35°C 90 F 50% 32.2°C 85 F 40% 29.4°C 80 F 30% 26.7°C Danger Caution Less Hazardous

Watch the weather



Take rest breaks

## Gradually increase time in the heat:

Day of work in heat	Recommended percent of day in heat
Día 1	20%
Día 2	40%
Día 3	60%
Día 4	80%



Wear loose clothing that breathes and a hat



Keep an eye out for co-workers and report symptoms of heat illness

