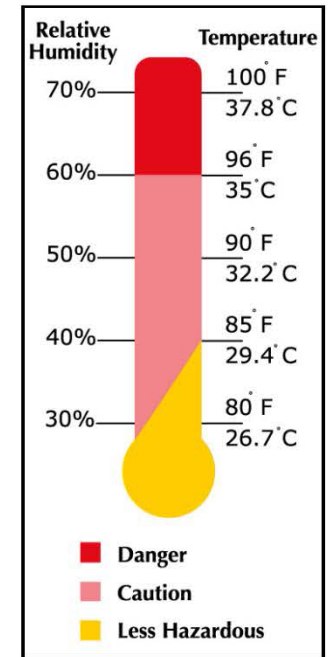
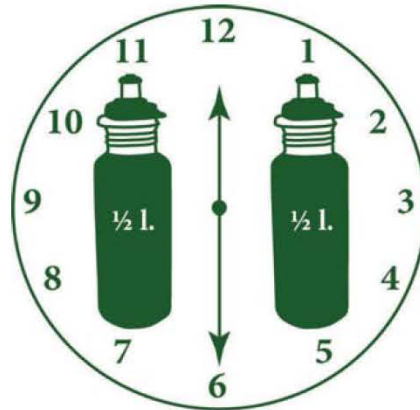


Preventing heat illness

Drink enough water or sports drink:

1/2 liter every 1/2 hour



Find shade



Take rest breaks



Wear loose clothing that breathes and a hat

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%



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