

# Tips to Prevent Heat Illness

## Prevent Heat Illness



### TAKE TIME TO ACCLIMATIZE

*Work shorter shifts until your body has adjusted to the heat.*



### STAY WELL HYDRATED

*Drink often, before you get thirsty.*



### WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES

*Designate a buddy and ask how they feel periodically.*



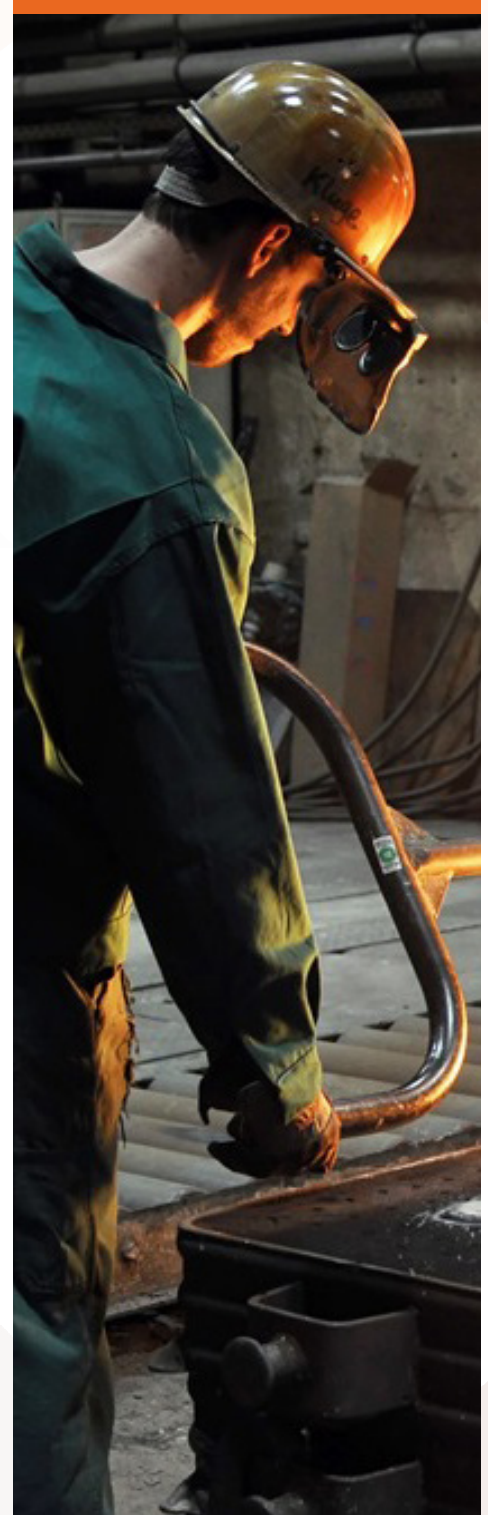
### TAKE TIME TO REST AND COOL DOWN

*Sit somewhere cool, rest, and rehydrate frequently.*

For more information visit the NIOSH Heat Stress topic page:  
<http://www.cdc.gov/niosh/topics/heatstress/>

DHHS (NIOSH) Publication No. 2016-151

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health



Provided by ICW Group Workers' Compensation, Risk Management Services