## CAN BE DEADLY

Symptoms include weakness, fatigue, & dizziness

> keep your COO!!

## PROTECT YOURSELF!

DRINK WATER.

WEAR LIGHT, LOOSE CLOTHING.

SCHEDULE MORE FREQUENT BREAKS.

USE SUNSCREEN & KEEP YOUR HEAD

COVERED OUTDOORS. SCHEDULE WORK FOR A COOLER PART OF THE DAY. Report heat stress concerns to your supervisor!

Developed by members of the Occupational Health and Safety Council of Ontario (OHSCO). For additional information on heat stress, visit the Ministry of Labour's web page at **www.labour.gov.on.ca 5253A IAPA (06/07)** © 2007, WSIB Ontario. Printed in Canada. Compliments of IAPA – www.iapa.ca