

## Prevent Heat Stress

The term “heat stress” refers to a group of heat-related illnesses that include heat cramps, heat exhaustion, and heat stroke, which can be fatal.

The following precautions can be taken to prevent heat-related illnesses:



- *Never leave anyone in a closed, parked vehicle during hot weather.*
- *Drink plenty of fluids before working in a hot environment, and replenish lost fluids during rest breaks.*
- *Plan strenuous outdoor activity for early or late in the day when it is cooler.*
- *Take frequent rest breaks.*
- *If you are taking medications, be especially careful about heat exposure. Some medications can make you more vulnerable to heat. \**

**Source: KeepSafe, Inc.**