

Heat and Sun Safety



"If I don't drink lots of water I get a bad headache and sometimes I even feel dizzy."

Protect yourself from heat stress and skin cancer

Use sun screen (SPF 15 or higher)

Wear light colored cotton clothes

Wear a full brim hat

Drink plenty of water before, during and after Work

Sit in the shade during breaks

Wear safety sunglasses marked "Z87"



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