



American Heart Association®

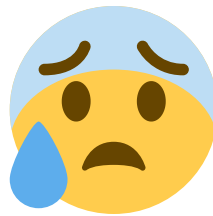
Hard Hats with Heart™

STAY SAFE IN THE HEAT



SIGNS OF HEAT STROKE

- Headaches
- Cool, Moist Skin
- Dizziness & Light Headedness



- Weakness
- Nausea & Vomiting
- Dark Urine

DRINK UP

Stay hydrated by drinking a few cups of water before, during and after your exercise or work in the heat. Avoid caffeinated or alcoholic beverages.

DRESS FOR THE HEAT

Wear lightweight, light-colored clothing in breathable fabrics such as cotton, or a synthetic fabric that repels sweat. Add a hat and/or sunglasses. Don't forget sunscreen with at least SPF 15 and reapply it every 2 hours.

TAKE BREAKS

Find some shade or a cool place, stop for a few minutes and hydrate.



Scan this QR code to learn more about protecting your heart in the heat.

Locally sponsored by

