Heat Stress

Protect Yourself at Work

- Drink cool water every 15 minutes
- Avoid tea, coffee, energy drinks & soft drink
- Schedule more frequent breaks during the work
- Eat right, eat light
- Wear light, loose clothing
- Keep your head covered when outdoors

Stay cool and hydrated.

Safety Tips:

- Avoid exposing to direct sunlight.
- Take regular breaks.
- Wear appropriate clothing.
- Stay hydrated.

Stay safe and healthy!