

HEAT EMERGENCY SIGNS

Abnormal Behavior / Difficulty Speaking / Seizures
/ Fainting / Heavy Sweating / Hot, Dry Skin



GET HELP! ACT FAST!

- 1 Call 911 immediately
- 2 Cool right away with water or ice
- 3 Remove extra clothing
- 4 Give cool water to drink
- 5 Do not leave alone

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IN CASE OF EMERGENCY

Employer
Phone Number: _____

Worksite
Address: _____



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