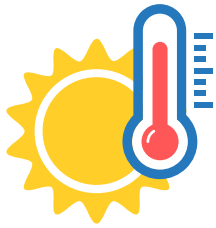


HOT WEATHER WASH SAFETY

What to watch for, and what to do about it.



WHY THIS HITS HARDER IN HOT WEATHER

PPE can trap heat instead of letting your body cool down. Overspray can mask how much you're sweating, so you feel fine - right up until you're not.

KNOW THE SIGNS



Heat Exhaustion

- Heavy sweating
- Cramps, dizziness
- Headache, nausea
- Racing heart rate
- Still thinking clearly



Heat Stroke

- Skin stops sweating
- Body can't cool down
- Confusion, slurred speech
- Temp climbs fast
- Not thinking clearly

WHAT TO DO



ACT EARLY

Shade or AC.
Cool down.
Drink water.
Rest before going
back to work.



THIS IS AN EMERGENCY

Call 911.
Cool the person
down while you wait.
Don't wait to see if it
passes.



**WE'D RATHER YOU TAKE THE EXTRA
BREAK THAN PUSH THROUGH IT.**

