In hot weather, outdoor work can be especially dangerous. It takes up to two weeks for a person’s body to adapt to hot weather, which means that hot conditions in the early season can be especially dangerous to outdoor workers – even to those who are otherwise healthy and fit. Below are tips to prevent dangerous heat-related illnesses, and what to do if you experience symptoms.

### Stay Cool 🌡️
- Drink 2-4 cups of water every hour while working outdoors.
- Find a buddy and watch each other for signs of heat stress.
- Plan frequent breaks in a cool area.
- Wear light, loose-fitting clothing and a hat.
- Gradually increase the length and intensity of work in hot weather over the course of 1-2 weeks.

### Heat Exhaustion 🌞
**SYMPTOMS**
- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting
- Rapid heartbeat
- Shallow breathing

**WHAT TO DO**
- Remove excess clothing
- Rest in a cool area
- Take a cool shower, bath, or sponge bath
- Drink plenty of water

### Heat Stroke 🚨
**SYMPTOMS**
- Loss of consciousness
- Confusion
- Rapid pulse
- Seizures
- Body temperature of 103° or higher
- Hot, dry skin or profuse sweating

**WHAT TO DO**
Call 911. Heat stroke is an emergency. While you wait for help, move to an air-conditioned space, and cool down with cold towels and ice.

[Source: multco.us/help-when-its-hot]