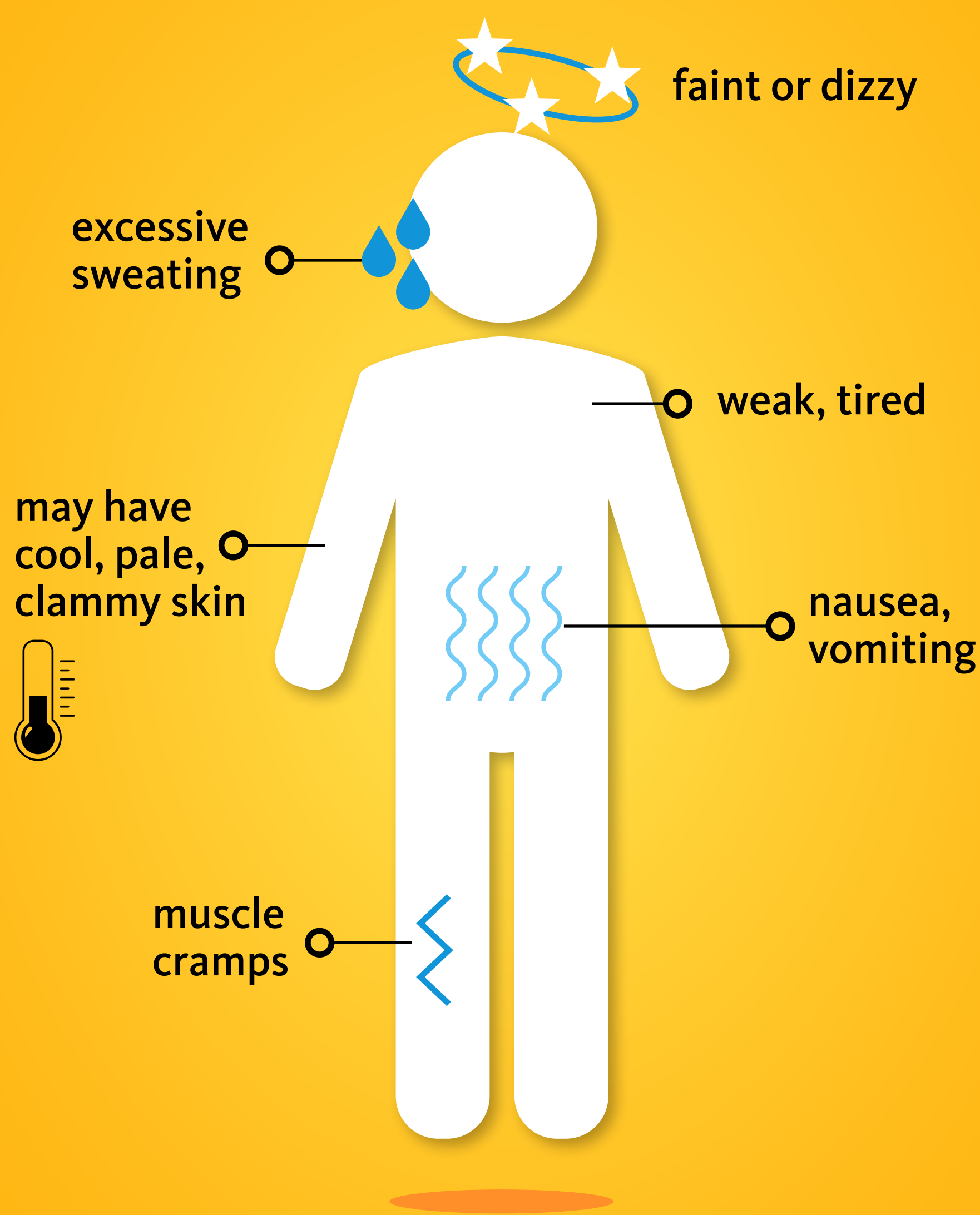


Health Effects of Heat

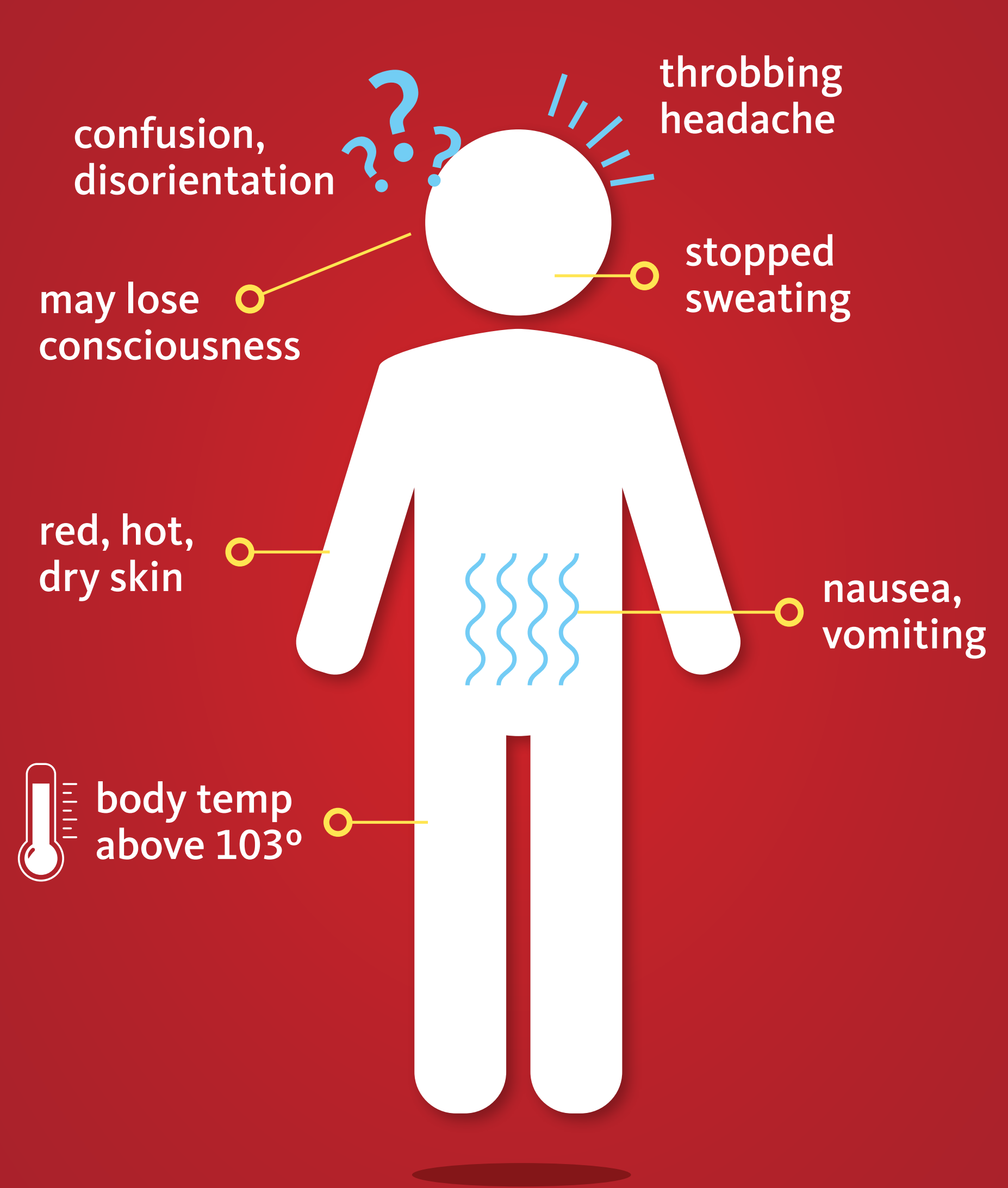
Heat Exhaustion

Symptoms may include:



Heat Stroke

Symptoms may include:



If experiencing these symptoms...

1. Get water, shade, and rest.
2. Stop all strenuous work in heat.
3. Monitor symptoms.

1. Call 9-1-1.
2. Take immediate action to cool down until help arrives.

To complete training, go to the UC Learning Center and search “Heat.”

