



# HEAT SAFETY

## WHEN WORKING OUTDOORS



As much as possible, limit outdoor activities to the cooler morning and evening hours. Stay in the shade as much as possible.



Drink lots of water, even when you are not thirsty.



Wear light layers and light colored clothing that fit loosely.



Wear a wide-brim hat and sunscreen to protect your skin from the sun.



Know the signs of heat-related illness.



**Marion County**  
OREGON  
Health & Human Services

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