NEVADA CONTRACTORS ASSOCIATION

ONE INDUSTRY. ONE VOICE.

HOT WEATHER ILLNESS PREVENTION

Prevention & Employee Safety

Provide:

- Refreshing hydration stations
- Chill-out zones
- Cooling cloths and vests
- Partner up to watch out for one another

Avoid

Avoid consuming sugary beverages such as soda and juice. Also avoid any alcoholic beverages.

Replenish

At least 16 oz per hour and electrolytes should be consumed.

KNOW THE SIGNS

Vomiting

Rapid Heartbeat

No Sweating
Hot/ Red Skin

Dizziness & Headache

Unconsciousness