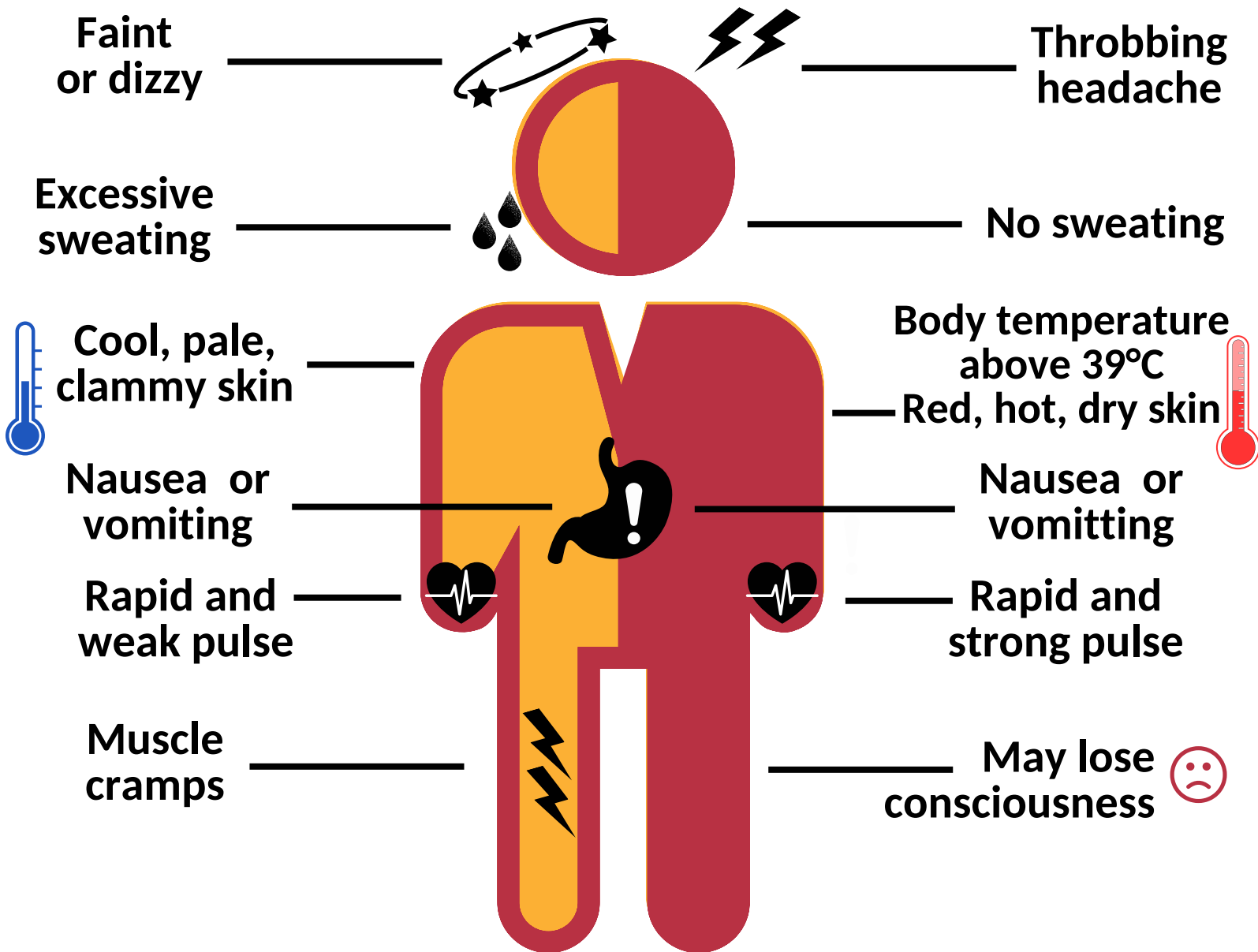


HEAT STRESS

Heat Exhaustion

Heat Stroke



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

Call 9-1-1

- Take immediate action to cool the person until help arrives

Download our
Heat Stress
Prevention Guide



LEARN MORE
AT WCB.PE.CA