

# Stay Safe in the Heat

4 Keys: Prepare, Water, Rest, Shade



**Get help immediately for heat-related illness. Call 911 and get the person to a cool location. While you wait for help to arrive, cool them by any means at hand, preferably by immersing them up to the neck in cold water or applying ice bags or cold packs beside the neck, armpits and groin.**



## Fact

Heat-related illness can happen indoors, too. Many indoor workers are exposed to extreme heat, setting the stage for dehydration and heat stress.