

# Protect Yourself from Heat Stress

Sun exposure can cause heat stress  
Outdoor workers are at risk

## Six Simple Steps

1. Know the signs and symptoms of heat stress
2. Watch out for symptoms in yourself and others
3. Wear sunscreen, a hat, and lightweight, loose-fitting clothing
4. Drink water often – avoid drinks with alcohol and caffeine
5. Take breaks in the shade and more often on hot days
6. Know how your workplace deals with heat stress

**Report All Heat Stress Concerns to Your Supervisor!**

Visit [sunsafetyatwork.ca](http://sunsafetyatwork.ca) or [sunsmartsk.ca](http://sunsmartsk.ca) for  
more information.

