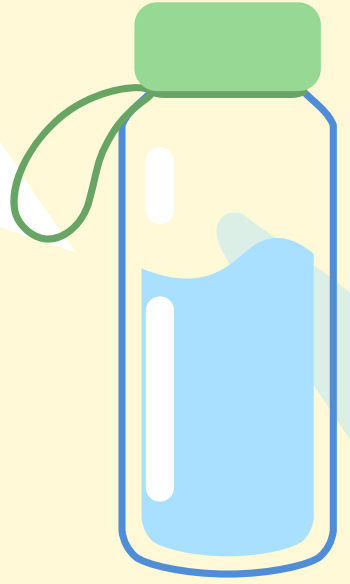


# WORKING IN HEAT

Take a bottle of cold water when you're out

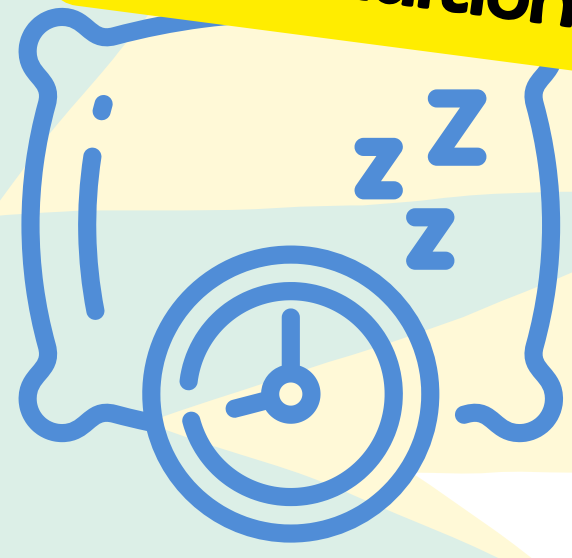


Seek shade where ever you can

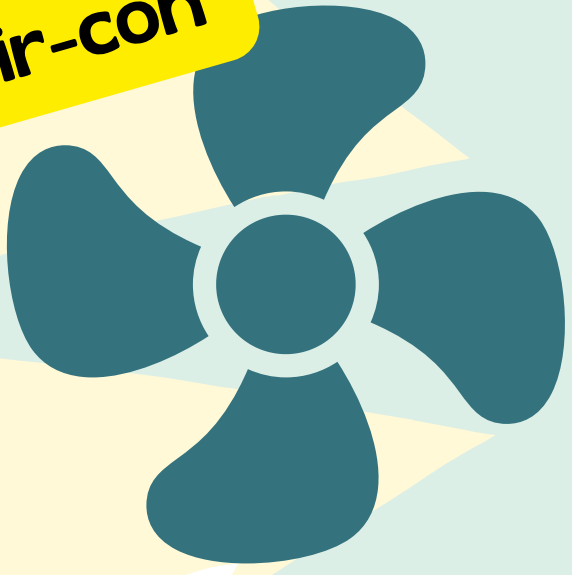


Wear cooling neck scarf

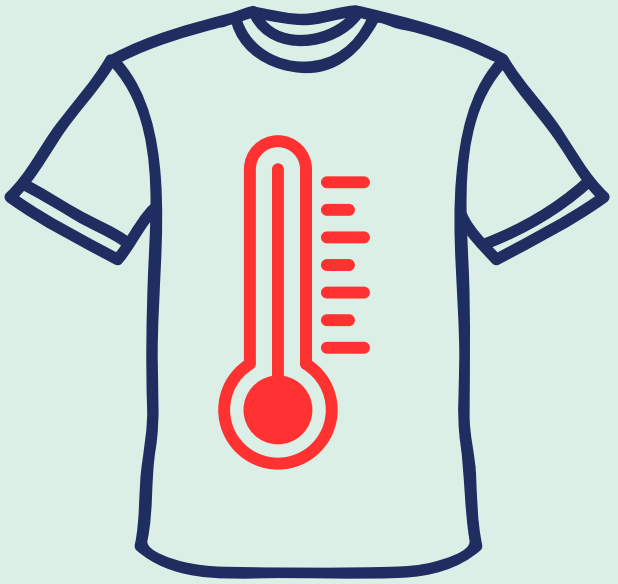
Take regular breaks in hot conditions



Turn on a fan or air-con



Wear light weight clothes made with natural fibres



Take a cool shower



Enjoy cold foods like salads and fruit to keep more hydrated



To avoid dehydration, limit alcohol, coffee, salty foods



Sunglasses and hat are a must

