



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!

Contact sunsafetyatwork@ryerson.ca for more information.

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