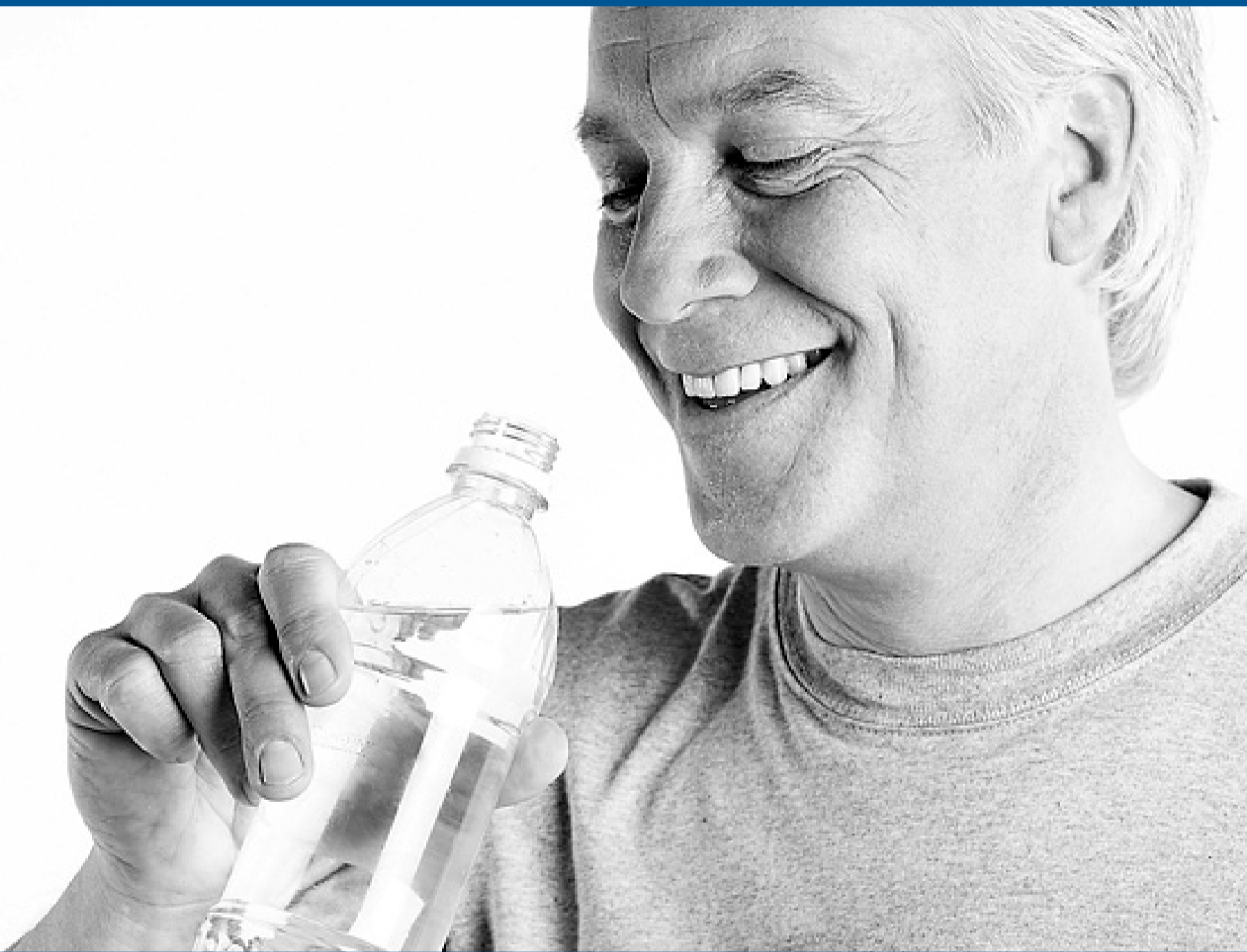


# Protect Yourself From Heat Illness



- **Drink at least one pint of water per hour**
- **Avoid alcohol and caffeine**
- **Wear lightweight, loose-fitting clothing**
- **Block out direct sun and other heat sources**
- **Schedule rest periods in cooler areas**

count on  
**EMC**  
INSURANCE