

EXTREME TEMPERATURES CAN MAKE YOU SICK

EXTREME HEAT CAN:

1. DAMAGE YOUR KIDNEYS
2. GIVE YOU HEAT STRESS
3. MAKE YOU UNCONSCIOUS



PROTECT WORKERS FROM HEAT:

- VENTILATE THE WORKPLACE
- WEAR THICK CLOTHING
- DRINK WATER EVERY 15 MINUTES

EXTREME COLD CAN:

1. CAUSE FROSTBITE
2. GIVE YOU HYPOTHERMIA
3. GIVE YOU LUNG INFECTIONS
4. MAKE YOU UNCONSCIOUS



PROTECT WORKERS FROM COLD:

- WEAR INSULATED CLOTHING, GLOVES AND BOOTS
- DO NOT WORK FOR LONG PERIODS IN COLD PLACES
- REST IN A WARM PLACE