Heat Stress can cause significant stress to the body’s cooling system resulting in serious harm and even death.

**Tips to Avoid Heat Stress**

**Tip # 1:** Develop an Acclimatization Plan
Gradually increase the time spent in the heat to condition yourself before the hot summer days. Continue the process even when going home for the weekend.

**Tip # 2:** Wear Heat Appropriate Clothing
Wear clothing that is light colored, breathable and possibly loose. Cover your head, as well.

**Tip # 3:** Stay HYDRATED
Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.

Understand signs and symptoms of heat illnesses. Practice Heat Safety. It is your choice and it is the right thing to do.