

# Protect Yourself Against Heat Exposure.

## You are at risk if you:

- Are new to the job
- Work in hot and humid conditions
- Do heavy physical labor
- Don't drink enough water

## Tip 4: Dress Appropriately

Wear clothes that are:

- Light-colored (white, etc.)
- Loose-fitting
- Lightweight



If you need to wear protective clothing or personal protective equipment, like impermeable clothing, you may need more frequent breaks for water, rest, and shade.

Learn more about heat-related illnesses and how to prevent them at <http://bit.ly/CPWRHotWeather>