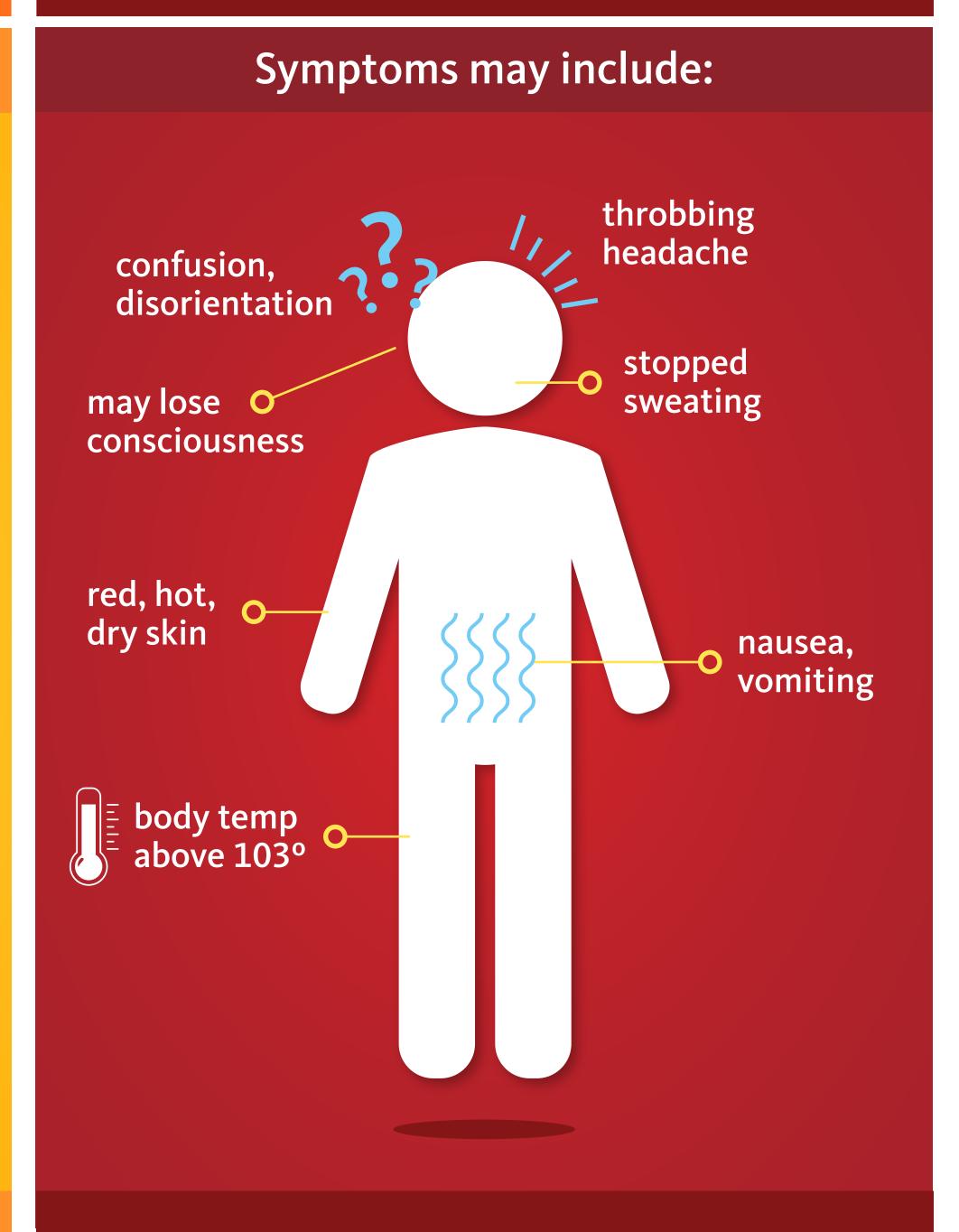
Health Effects of



Heat Exhaustion

excessive sweating may have cool, pale, clammy skin muscle cramps muscle cramps

Heat Stroke



If experiencing these symptoms...

- 1. Get water, shade, and rest.
- 2. Stop all strenuous work in heat.
- 3. Monitor symptoms.

- 1. Call 9-1-1.
- 2. Take immediate action to cool down until help arrives.

To complete training, go to the UC Learning Center and search "Heat."

