



# Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable.  
Protect yourself and others from the  
impacts of heat waves.



[weather.gov/heat](https://www.weather.gov/heat)



## Job Sites

Stay hydrated and  
take breaks in the shade  
as often as possible



## Indoors

Check up on the  
elderly, sick and those  
without AC



## Vehicles

Never leave kids or  
pets unattended -  
LOOK before you LOCK



## Outdoors

Limit strenuous outdoor  
activities, find shade,  
and stay hydrated

[https://www.weather.gov/wrn/heat\\_infographics](https://www.weather.gov/wrn/heat_infographics)