



# Protect Yourself from Heat Stress

Sun exposure can cause heat stress  
Outdoor workers are at risk

## Six Simple Steps

1. Know the signs and symptoms of heat stress
2. Watch out for symptoms in yourself and others
3. Wear sunscreen, a hat, and lightweight, loose-fitting clothing
4. Drink water often – avoid drinks with alcohol and caffeine
5. Take breaks in the shade and more often on hot days
6. Know how your workplace deals with heat stress

## Report All Heat Stress Concerns to Your Supervisor!

Visit [sunsafetyatwork.ca](http://sunsafetyatwork.ca) for more information.

This project is funded by the  
Canadian Partnership Against Cancer and Health Canada.



Image provided by the  
Queensland Department of Health