

DANGERS OF HEAT

Two types of heat illness:

Heat Exhaustion

- Dizziness
- Headache
- Sweaty skin
- Weakness
- Cramps
- Nausea, vomiting
- Fast heart beat
- Confusion



Heat Stroke

- Red, hot, dry skin
- High temperature
- Confusion
- Convulsions
- Fainting
- Rapid breathing

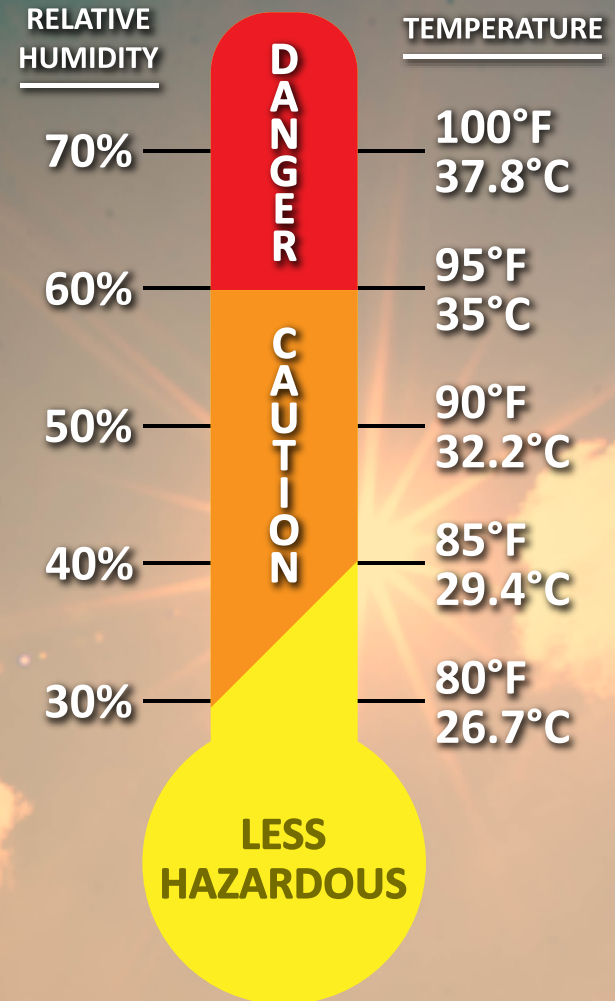


PREVENTION

REHYDRATE. REST. SHADE. RECOVER.

Tips to prevent heat illness

- Drink water every 15 minutes
- Rest in the shade
- Monitor others well-being
- Wear hats
- Wear light-colored clothing
- Know what to do in an emergency



SUNZ
INSURANCE

941.306.3077
SUNZINSURANCE.COM
1301 6TH AVENUE WEST
BRADENTON, FL 34205

For additional help please contact:
riskmanagement@sunzinsurance.com
or visit our [Risk Management Center](#)