



SAFETY TOPIC FOR THE MONTH OF NOVEMBER 2021

KEEP YOUR BODY HYDRATED



What you should do in extreme heat:

- Take in lots of fluids especially water, don't wait until you're thirsty to take in fluids.
- Avoid alcohol and caffeinated drinks as these dehydrate the body.
- Protect yourself by wearing long sleeved shirts and hats as well as applying sunscreen before going outdoors.
- Symptoms of heat exposure include thirst, light headedness nausea, dizziness, dry mouth, and headaches.

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SHE MANAGER

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