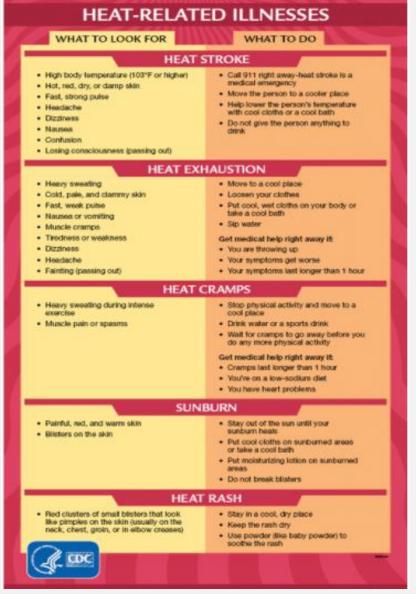
## Q-tips Newsletter





## <u>Hot Weather Safety – Rehydrate, Rest, Repeat" Summer</u> <u>Safety Reminders for Outdoor Workers</u>

Every year, dozens of people die and thousands more become ill while working or participating in outdoor activities in extreme heat or humid conditions. There are a range of heat illnesses and they can affect anyone, regardless of age or physical condition.



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