Heat Stress: With the onset of warm weather, the possibility of heat stress is a real concern.

Reactions to high temperatures can range from an annoying rash to heat stroke and even death!

Remember these best practices to prevent overheating:

* Wear light weight, loose fitting clothing
* Drink plenty of liquids, water and sports drinks
* Drink often and before you feel thirsty
* Block out direct sun
* Seek help immediately if you feel dizzy or nauseated.

For more information about heat stress contact a Nevada State Mine Inspector or your local safety representatives.