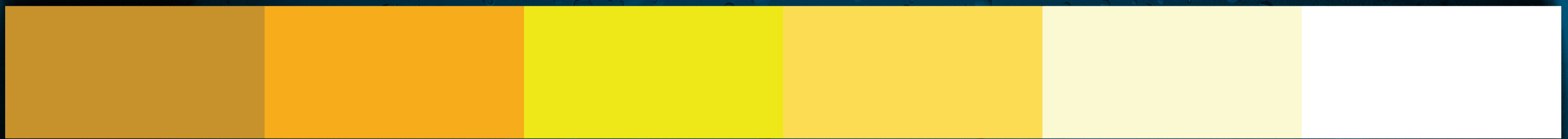


THIRSTY?

YOU'RE PROBABLY ALREADY

DEHYDRATED

CHECK THE COLOUR OF YOUR URINE



DRINK WATER NOW. GET MEDICAL ATTENTION IF YOU FEEL UNWELL.

DRINK MORE WATER.

KEEP DRINKING WATER TO MAINTAIN FLUID LEVELS.

DEHYDRATED

HYDRATED

WORKING IN HOT CONDITIONS DOESN'T HAVE TO BE HARD

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FIND SHELTER

TAKE YOUR BREAKS IN THE SHADE. DRINK WATER. COOL DOWN

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BE SUN SMART

WEARING THE RIGHT GEAR CAN MAKE ALL THE DIFFERENCE

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BE COOL

TAKE TIME TO STAY HYDRATED WHEN WORKING IN HOT CONDITIONS

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HYDRATION STATION

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BE COOL

TAKE TIME TO STAY HYDRATED WHEN WORKING IN HOT CONDITIONS

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