

SOLDIERS LEADERS
CIVILIANS FAMILIES

Take 5

when it's hot!



What Have You Done,
to Save a Life Today?

Sweatin' it

- Implement work/rest cycles
- Hydrate properly to replace fluids lost through sweating
- Eat well-balanced and regular meals
- Avoid using salt tablets unless directed by a doctor
- Wear loose, lightweight clothing to encourage heat release



ARMY SAFE
IS ARMY STRONG

