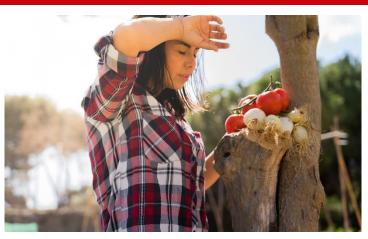


OUTDOOR WORKS

Against the heat, protect yourself!



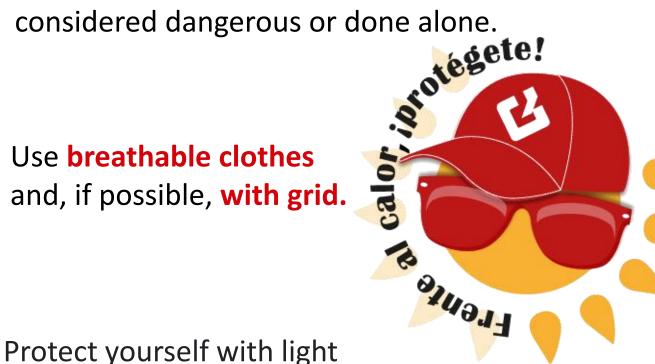
During hours of máximum solar charge, avoid doing tasks that require great physical effort, or those considered dangerous or done alone.



Use breathable clothes and, if possible, with grid.

clothing, a cap or hat, sunscreen,

and, if applicable, sunglasses.



Drink water frecuently, a glass every 15 minutes, even if you are not thrirsty.



If you perform tasks with a high level of physical effort, take isotonic drinks in moderation.



Take breaks to rest in cool places or in the shade, supplying with fresh drinks.



Do not consume alcohol or caffeinated beverages.



