



INTERNATIONAL LONGSHORE AND WAREHOUSE UNION, LOCAL 13
630 South Centre Street | San Pedro, CA 90731 | (310) 830-6116

from your Health & Benefits Representative Eddie Moncado

TODAY'S HEAT INDEX IS 80°F OR ABOVE

HELPFUL TIPS TO PREVENT THE EFFECTS OF HEAT ILLNESS

- **DRINK PLENTY OF COOL WATER**
- **TAKE BREAKS IN THE SHADE OR IN AN AIR-CONDITIONED PLACE**
- **WEAR APPROPRIATE CLOTHING WHEN YOU ARE IN THE SUN**
- **USE SUNSCREEN TO PROTECT YOUR SKIN**
- **STAY PHYSICALLY FIT**

**IF YOU OR YOUR CO-WORKERS ARE
EXPERIENCING SYMPTOMS OF HEAT
ILLNESS (HEAVY SWEATING, CRAMPS,
NAUSEA, OR CLAMMY SKIN) REPORT
THIS TO YOUR BOSS IMMEDIATELY**

The world needs less machinery and more humanity.

*Eddie Moncado #131390
Local 13 Health & Benefits Officer*