

PREVENTING HEAT ILLNESS



Drink Cool Water

Drink cool water even if you are not thirsty - At least 1 cup every 20 minutes.



Dress for the Heat

Wear light colored, loose-fitting and breathable clothing if possible.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity and conditions.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness. Verbally check on other frequently.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled.

Heat Exhaustion

Heat exhaustion can lead to heat stroke.

Symptoms:

- *Dizziness*
- *Thirst*
- *Heavy Sweating*
- *Nausea*
- *Weakness*

Heat Stroke

Heat Stroke can cause death or permanent disability if emergency treatment is not given.

Symptoms:

- *Confusion*
- *Dizziness*
- *Becomes Unconscious*

First Aid for Heat Illness

First Aid

- Give water to drink
- Remove unnecessary clothing
- Move to cooler area
- Cool with water, ice or a fan
- Do not leave alone

Signs of Medical Emergency

- Abnormal Thinking and Behavior
- Slurred Speech
- Seizures

TAKE ACTION

- 1 Call 911 immediately
- 2 Cool the worker with water or ice
- 3 Stay with the worker until help arrives



Stay Cool, Stay Hydrated!

SOURCES: NATIONAL WEATHER SERVICE, OSHA - OCCUPATIONAL HEALTH AND SAFETY ADMINISTRATION

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