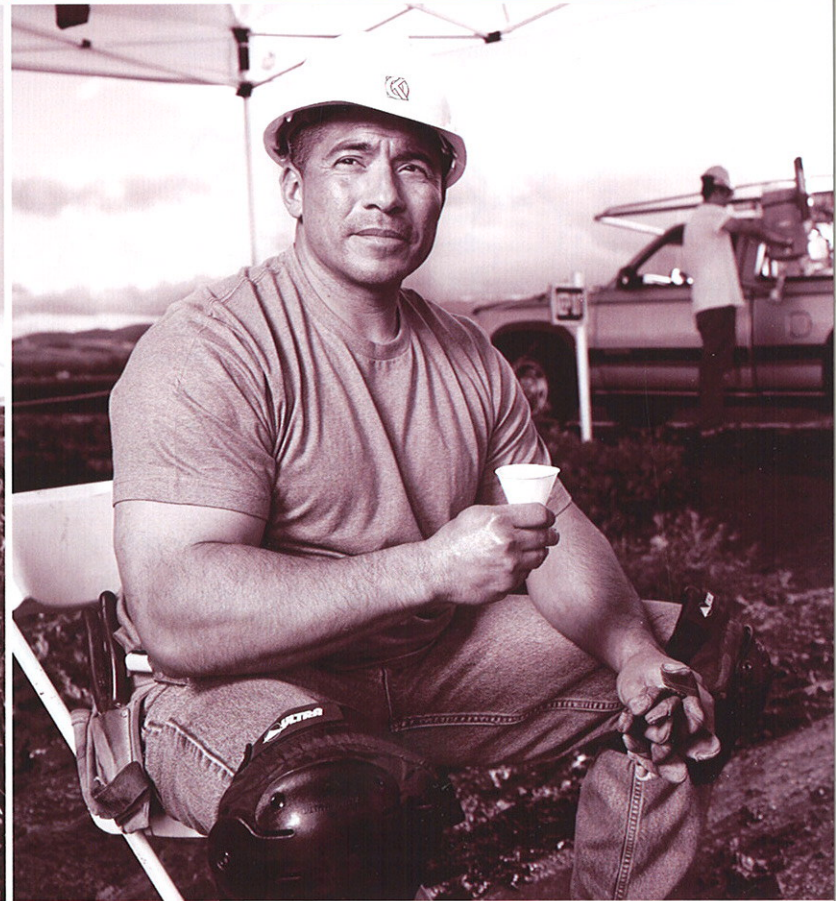




WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

Two types of heat illness:

Heat Exhaustion



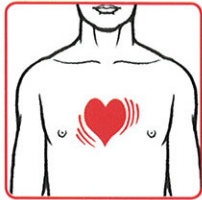
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



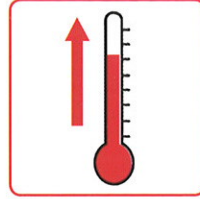
Cramps



Heat Stroke



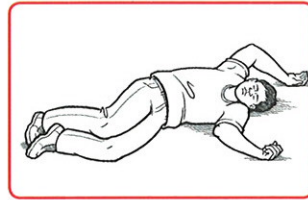
Red, hot, dry skin



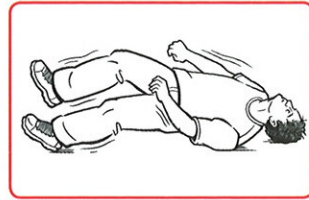
High temperature



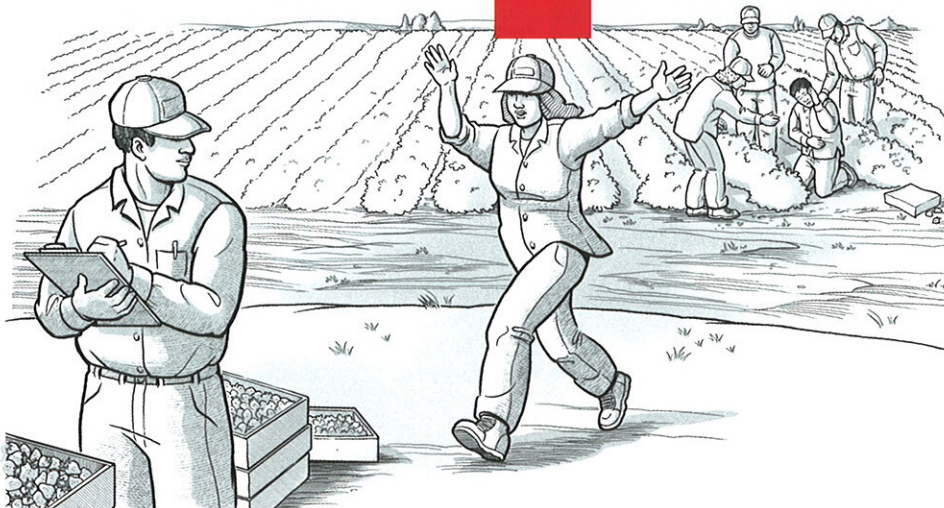
Confusion



Fainting



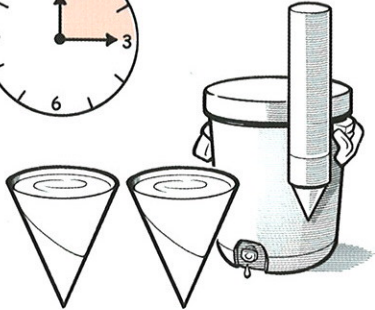
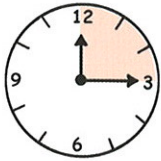
Convulsions



Heat kills – get help right away!

Stay safe and healthy!

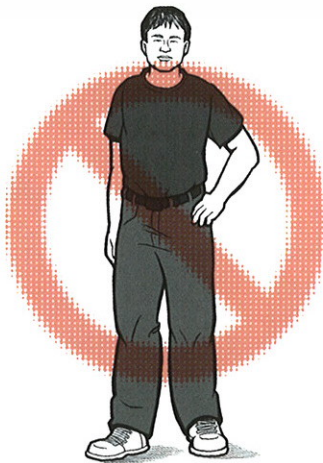
Drink water even if you aren't thirsty –
every 15 minutes



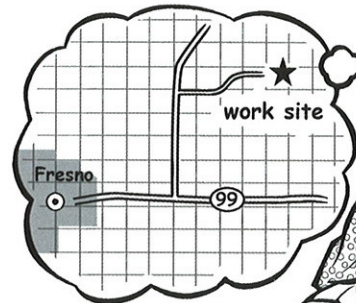
Watch out for each other



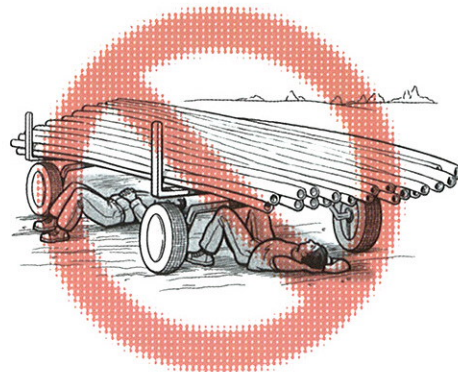
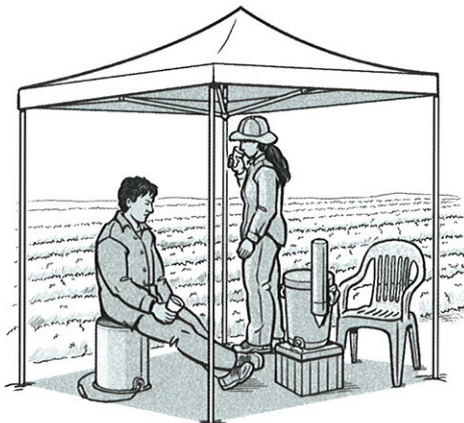
Wear a hat and light-colored clothing



Know where you are working
in case you need to call 911



Rest in the shade

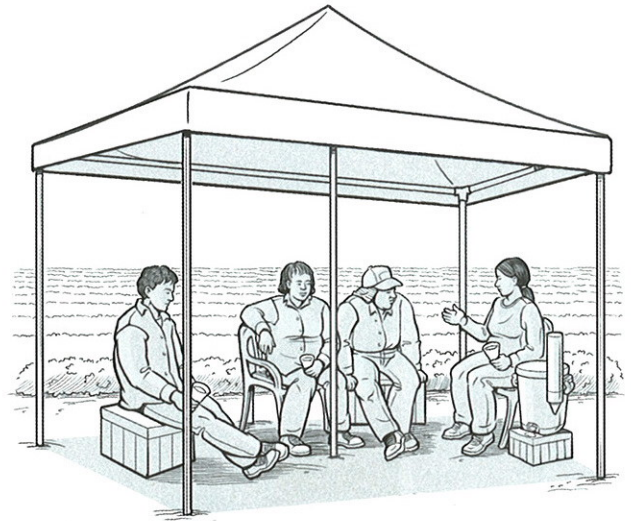


Heat illness can be prevented!

By law, your employer must have:



☒ **Water**



☒ **Shade and Rest**



☒ **Training**



☒ **Emergency Plan**



U.S. Department of Labor
Hilda L. Solis, Secretary of Labor



Occupational Safety
and Health Administration
U.S. Department of Labor



Developed by
CAL/OSHA

If you have questions, call OSHA.
It's confidential. We can help!
1-800-321-OSHA (6742)
TTY 1-877-889-5627
www.osha.gov