



WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

Two types of heat illness:

Heat Exhaustion



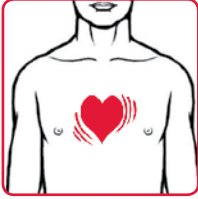
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



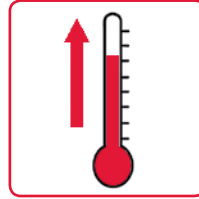
Cramps



Heat Stroke



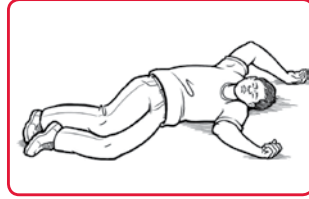
Red, hot, dry skin



High temperature



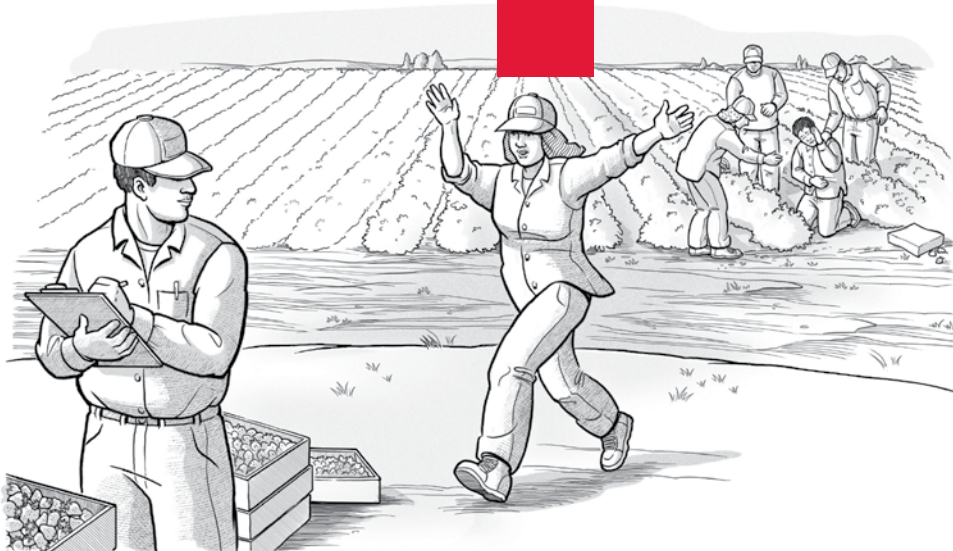
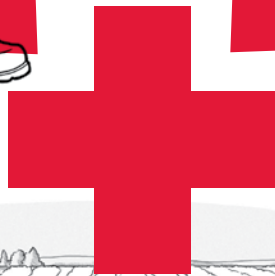
Confusion



Fainting



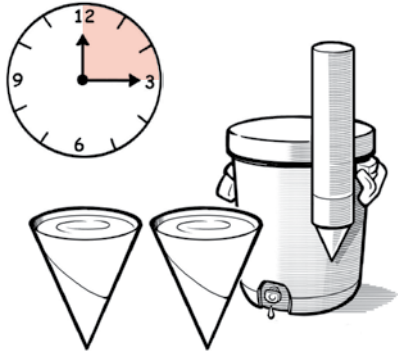
Convulsions



Heat kills – get help right away!

Stay safe and healthy!

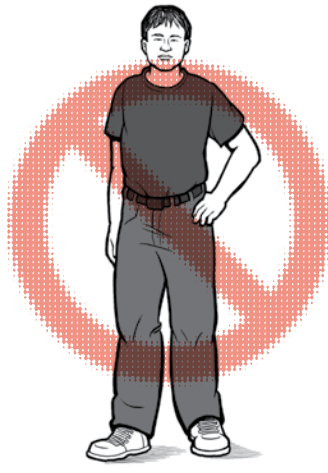
Drink water even if you aren't thirsty – every 15 minutes



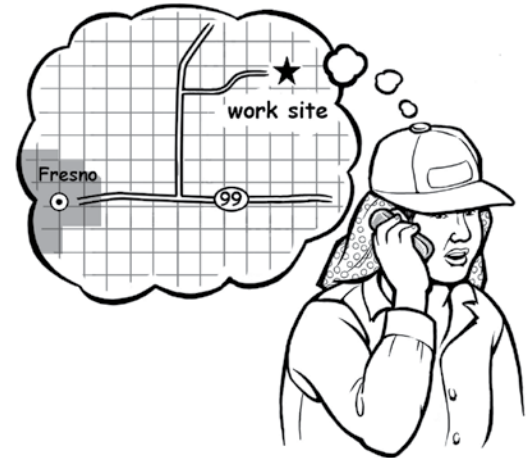
Watch out for each other



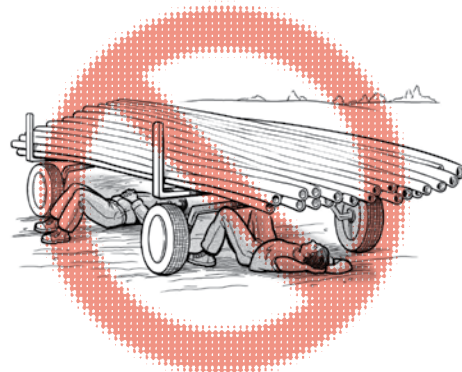
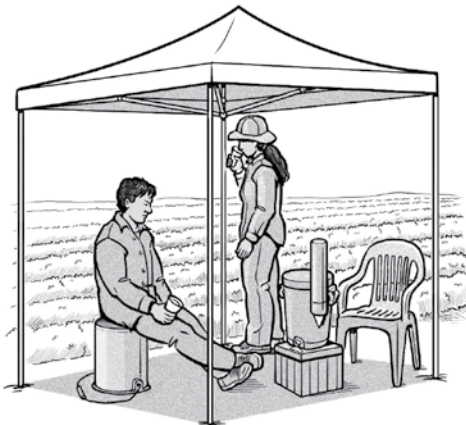
Wear a hat and light-colored clothing



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



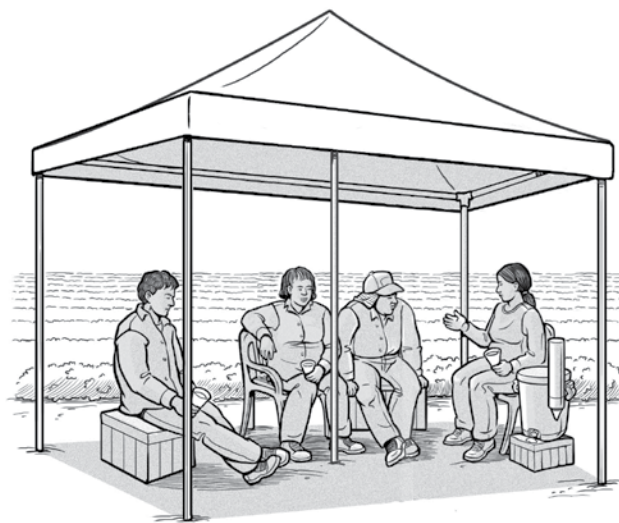
Rest in the shade



Heat illness can be prevented!



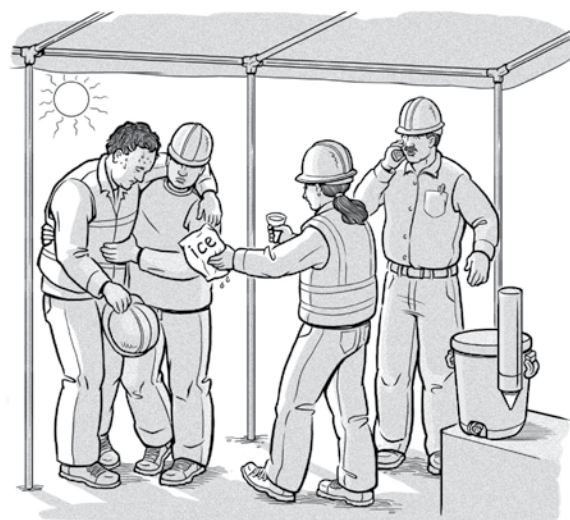
Water



Shade and Rest



Training



Emergency Plan



U.S. Department 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

