



WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

Two types of heat illness:

Heat Exhaustion



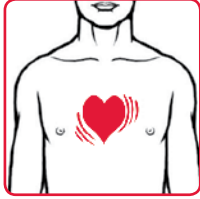
Dizziness



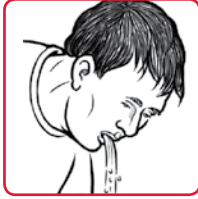
Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



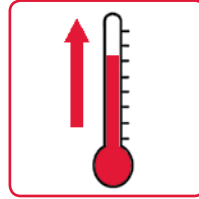
Cramps



Heat Stroke



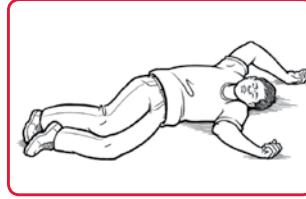
Red, hot, dry skin



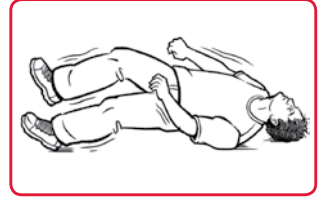
High temperature



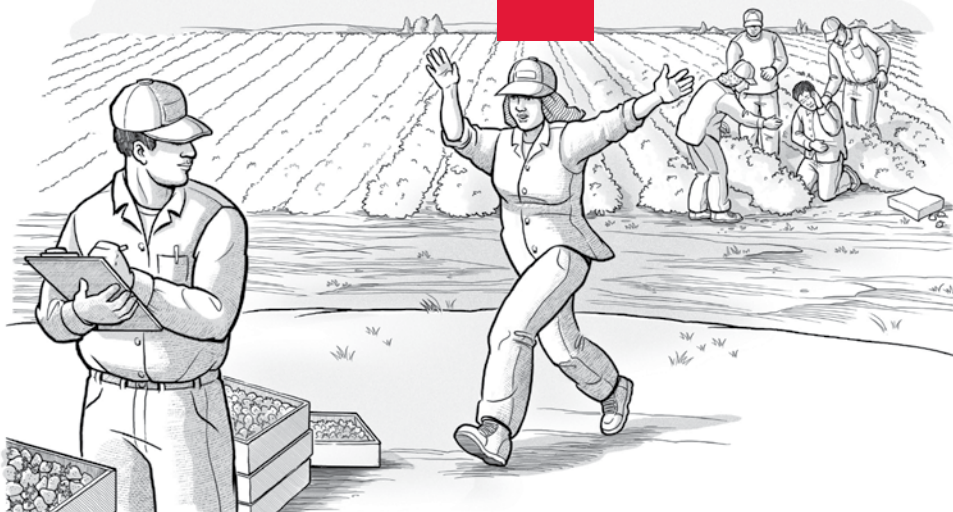
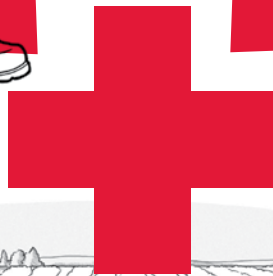
Confusion



Fainting



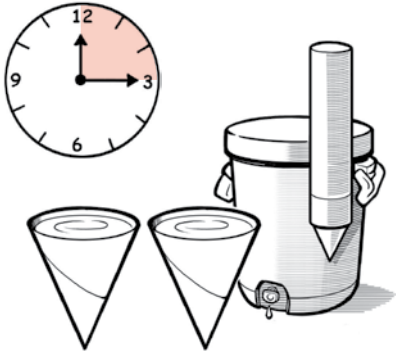
Convulsions



Heat kills – get help right away!

Stay safe and healthy!

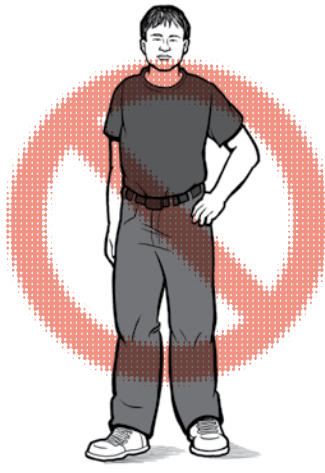
Drink water even if you aren't thirsty –
every 15 minutes



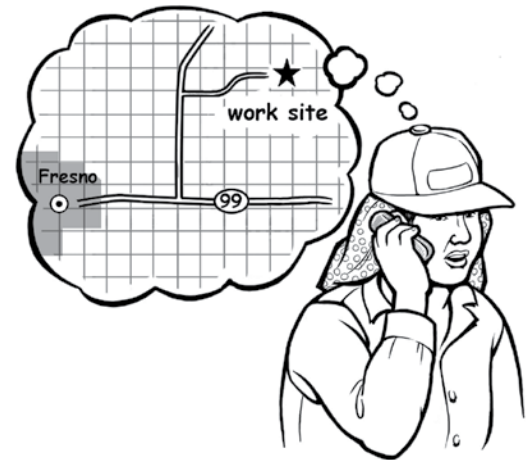
Watch out for each other



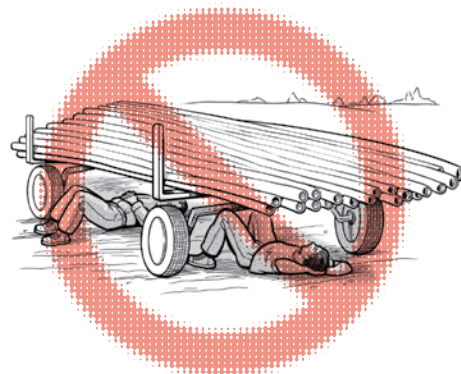
Wear a hat and light-colored clothing



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



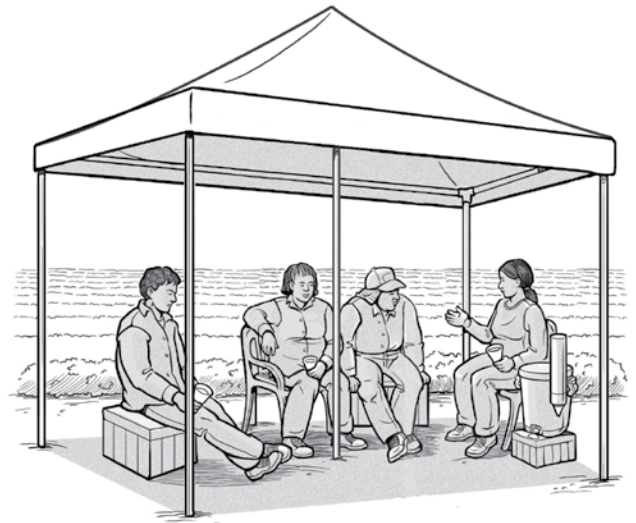
Rest in the shade



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!
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