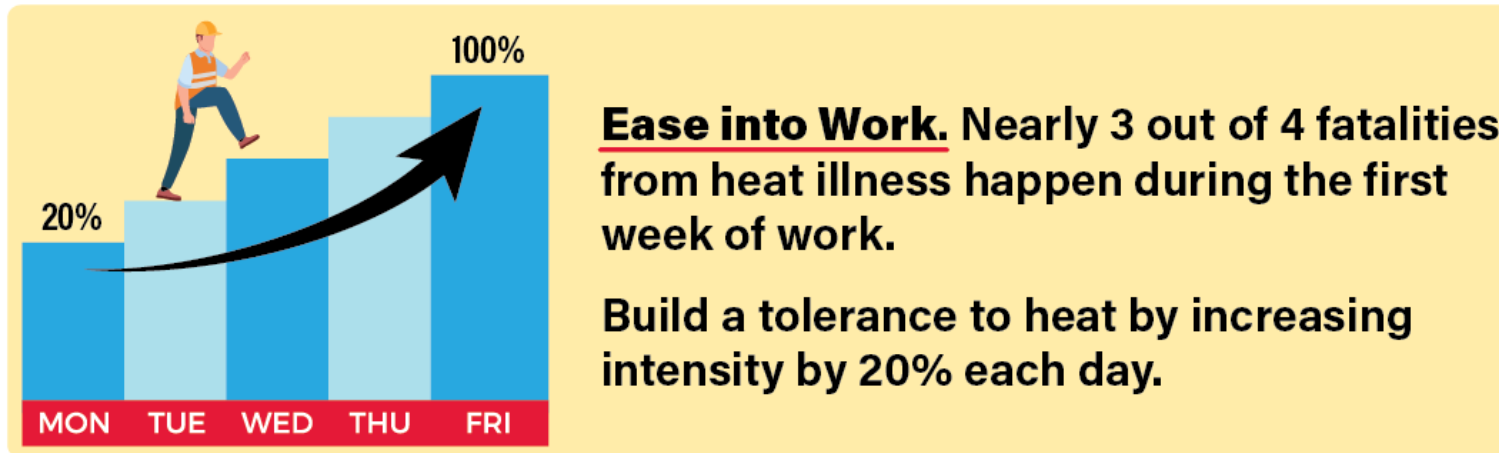




Prevent Heat Illness at Work



Drink cool water even if you are not thirsty



Rest for long enough to recover from the heat



Take breaks in a shady or cool area



Wear a hat and dress for the heat



Watch out for each other



Verbally check on workers wearing face coverings



Heat illness signs and symptoms

Watch for signs of heat illness and act quickly. When in doubt, call 911.

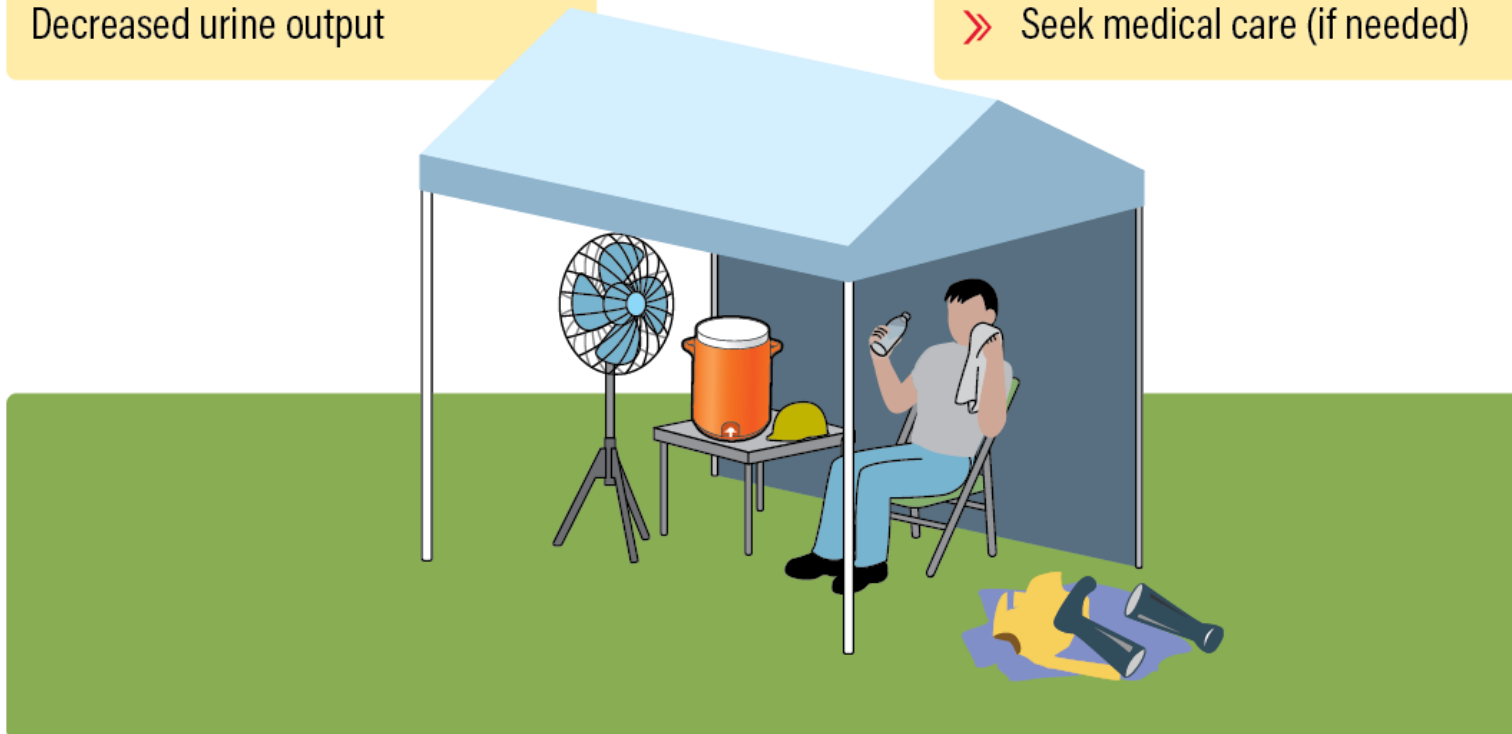
If a worker experiences:

Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output



Take these actions:

- » Give cool water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care (if needed)





Heat exposure can be dangerous

Signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

Take these actions

1 >> CALL 911 IMMEDIATELY

2 >> COOL THE WORKER RIGHT AWAY WITH WATER OR ICE

3 >> STAY WITH THE WORKER UNTIL HELP ARRIVES

