Plan Ahead and Be Prepared

Provide training on heat illness to all workers.
Have an emergency plan.

For more information:

1-800-321-OSHA (6742)

TTY 1-877-889-5627

www.osha.gov/heat

Federal law entitles workers to a safe workplace. Workers have the right to speak up about hazards without fear of retaliation. See **www.osha.gov/workers** for information about how to file a confidential complaint with OSHA and ask for an inspection.

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OSHA 3422-07R 2023

OSHA® Occupational Safety and Health Administration

Heat Illness Prevention

Work Safely in Heat

Indoor and outdoor workers are at risk for heat illness.

Heat illness is preventable

Drink cool water

Take rest breaks

Find shade or a cool area

Wear light-colored, loose-fitting clothing where possible

Check on each other

Some equipment can increase your heat exposure

If a worker experiences:

Headache or nausea

Weakness or dizziness

Heavy sweating

Hot and dry skin
High body temperature

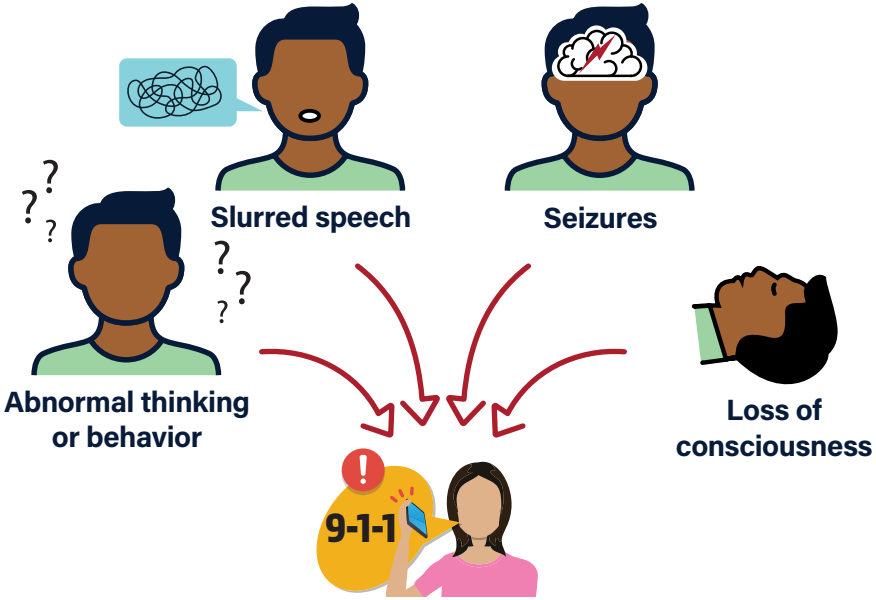
Thirst

Decreased
urine output

Take these actions:

- Drink water
- Remove unnecessary clothing
- Move to a cooler area and use a fan, if available
- Cool with water and ice
- Do not leave alone
- When in doubt, call 911

Signs of a medical emergency



1. **Call 911 immediately**
2. **Cool the worker right away with water or ice**
3. Remove unnecessary clothing and give cool water to drink
4. Stay with the worker until help arrives