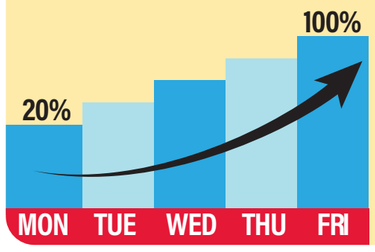
Prevent Heat Illness at Work

Outdoor and **indoor** heat exposure can be dangerous.

Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New** and **returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule**. On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.

Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.

Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.

Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.

Watch Out for Each Other

Monitor yourself and others for signs of heat illness.

Find Shade or a Cool Area

Take breaks in a designated shady or cool location.

If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!

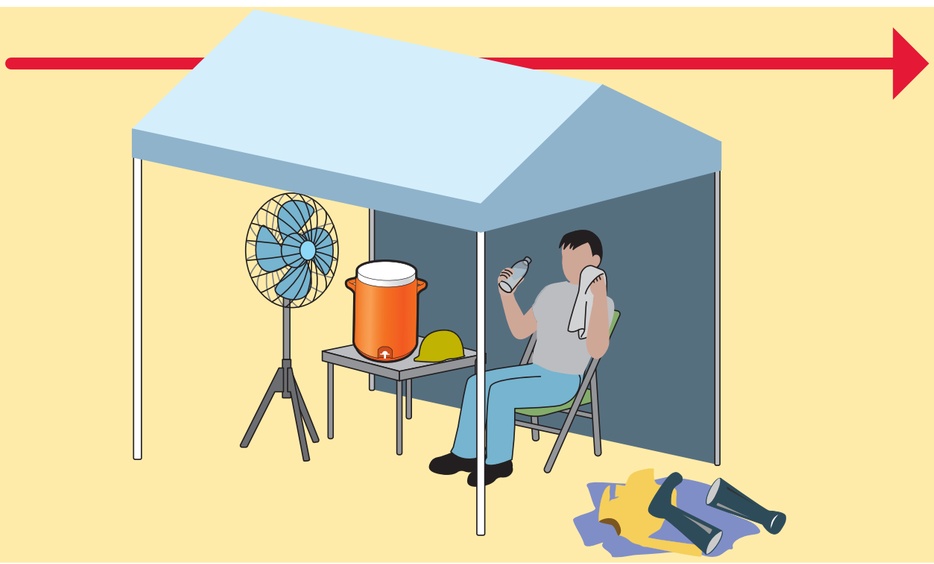
- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1. » CALL 911 IMMEDIATELY
2. » COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
3. » STAY WITH THE WORKER UNTIL HELP ARRIVES

Watch for any other 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 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

OSHA® Occupational Safety and Health Administration

For more information: 1-800-321-OSHA (6742)
TTY 1-877-889-5627 www.osha.gov/heat

Federal law entitles you to a safe workplace. You 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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