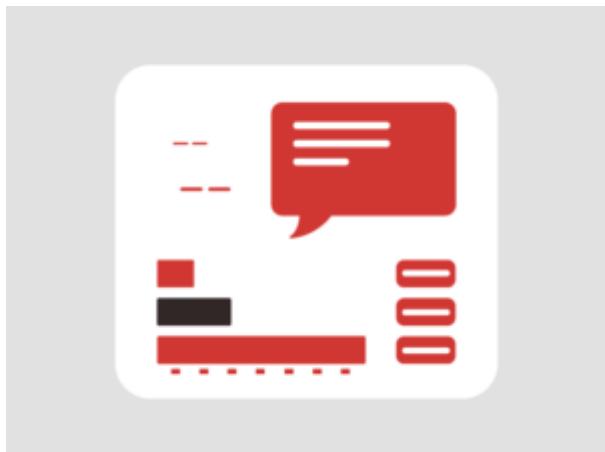


Prevent Heat Illness at Work Poster



Ways to Protect Yourself and Others

Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

Ways to Protect Yourself and Others

Every Day, Nearly 2 out of 4 Deaths from Heat Illness Happen during the first weeks of work.

✓ Take and returning workers need to adjust to heat quickly, and take frequent breaks.

✓ Follow the 20% Rule. Extended heat work is more than 20% of the shift's duration or full intensity on the first 3 consecutive days of heat work by no more than 10% a day and continue as part of training or health.

Drink Cool Water Drink cool water even if you are not thirsty—at least 1 cup every 15 minutes.	Dress for the Heat Wear light and light-colored clothing, and avoid full-body sweating if possible.
Take Regular Breaks Take frequent breaks to ensure heat provides temporary recovery and coolness.	Watch Out for Each Other Check yourself and others for signs of heat illness.
Find Shade on a Cool Area Take breaks in a designated shade or cool location.	Following a Heat Cooling Change your hot clothing if you are sweating heavily, check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency:

- ✓ Altered/moving at all times
- ✓ Severe nausea
- ✓ Seizure
- ✓ Loss of consciousness

1. **CALL 911 IMMEDIATELY**

2. **COOL THE WORKER RUGGED WITH WATER OR ICE**

3. **MOVE THEM OUT IMMEDIATELY**

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

If a worker experiences:

- Headache or nausea
- Headache or dizziness
- Heavy sweating or not, dry skin
- Unusually tired or irritable
- Nausea
- Decreased urine output

Take action on the spot:

- ✓ Give water to drink
- ✓ Remove excess heavy clothing
- ✓ Move to a cooler area
- ✓ Cool with water, ice, or a fan
- ✓ Do not have water
- ✓ Seek medical care if needed

For more information: 1-800-321-6564 (1996)
TTY: 1-800-467-4627 | www.osha.gov/heat
OSHA is a cost-effective, easy-to-use, and accessible resource for employers and workers.

 **OSHA** 

Source: OSHA