

# 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**

**Emergency Check:** Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

- Heat and related symptoms need to be addressed as heat (and related) and take frequent breaks.
- Follow the 20% Rule: In the first day work is more than 20% of the job's duration or full intensity in the heat, increase the number of times it is fully stopped to more than 20% a day with breaks at least 15 minutes in length.

**Drink Cool Water**  
Drink cool water even if you are sweating – at least 1 cup every 15 minutes.

**Take Heat Breaks**  
Take frequent breaks to escape heat that prevents strenuous, heavy, and overhead work.

**Find Shade or a Cool Area**  
Take breaks in a designated shade or cool location.

**Dress for the Heat**  
Wear light and light-colored, loose-fitting, and breathable clothing if possible.

**Watch Out for Each Other**  
Monitor yourself and others for signs of heat stress.

**If Wearing a Face Covering**  
Change your face covering if it gets hot or soaks. Notify others in advance if possible.

**First Aid for Heat Illness**

The following are signs of a medical emergency!

- Altered mental status
- Nausea/vomiting
- Seizures
- Loss of consciousness

**1 CALL 911 IMMEDIATELY**

**2 CALL THE MEDICAL REPORT UNIT FROM NEAREST OFFICE**

**3 STOP WORK AND PROVIDE CARE, IF YOU ARE ABLE**

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 not sweating
- Disorientation or confusion
- Heat rash
- Irritation of the skin

**Take these actions:**

- 1. Give water to drink
- 2. Remove unnecessary clothing
- 3. Move to a cooler area
- 4. Cool with water, ice, or a fan
- 5. Do not heat again
- 6. Do not work again if needed

**OSHA** Occupational Safety and Health Administration

For more information: 1-800-325-OSHA (6742)  
TTY: 1-877-889-6627 [www.osha.gov/heat](http://www.osha.gov/heat)

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