

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

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 job's duration or full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers get used to working in the heat.



Drink Cool Water
Drink cool water every 15-20 minutes if you are working – at least 1 cup every 20 minutes.



Take Heat Breaks
Take enough time to recover from heat to provide necessary learning and acclimation.



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



Dress for the Heat
Wear light and lightweight 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 wet or soiled. Regularly check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency:

- Altered thinking or behavior
- Severe nausea
- 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



Illustration showing a worker lying on the ground being cooled by others using water and ice packs.

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
- Fatigue
- Decreased alertness



Illustration of a worker sitting under a shaded tent with a fan and water.

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 leave alone
6. Get medical care if needed



OSHA Occupational Safety and Health Administration

For more information: 1-800-321-OSHA (6742)
TTY: 1-877-684-6867 www.osha.gov/heat

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Source: OSHA