



**WATER.  
REST.  
SHADE.**



**A HEAT SAFETY FACT SHEET**

# Two types of heat illness:

## Heat Exhaustion



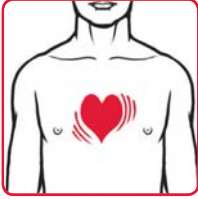
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



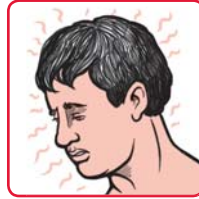
Weakness



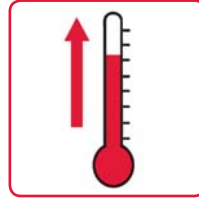
Cramps



## Heat Stroke



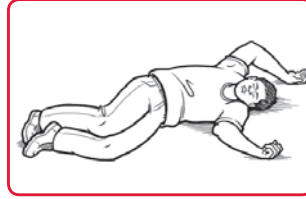
Red, hot, dry skin



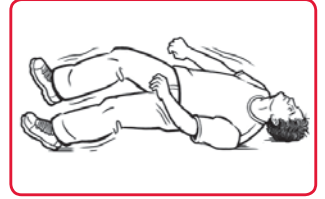
High temperature



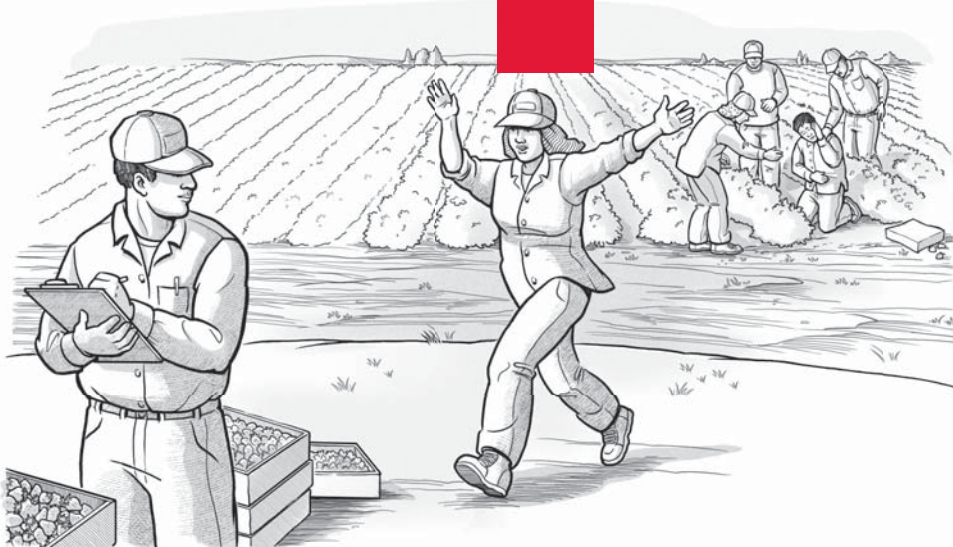
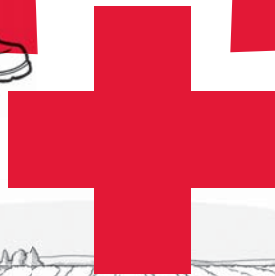
Confusion



Fainting



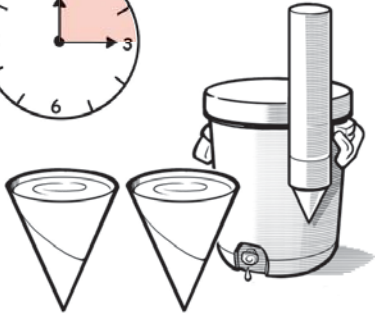
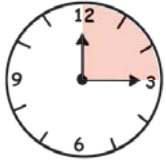
Convulsions



***Heat kills – get help right away!***

# Stay safe and healthy!

Drink water even if you aren't thirsty – every 15 minutes



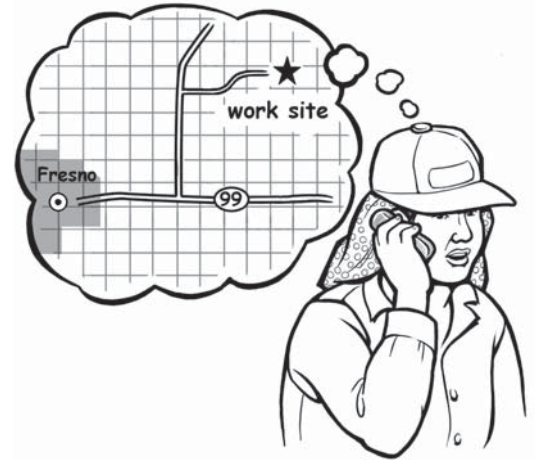
Watch out for each other



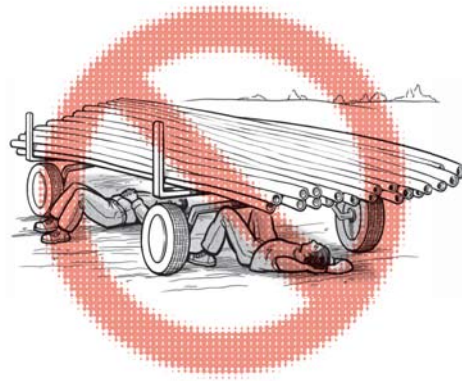
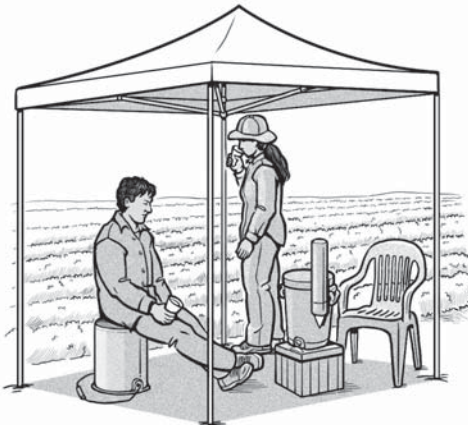
Wear a hat and light-colored clothing



Know where you are working in case you need to call 911



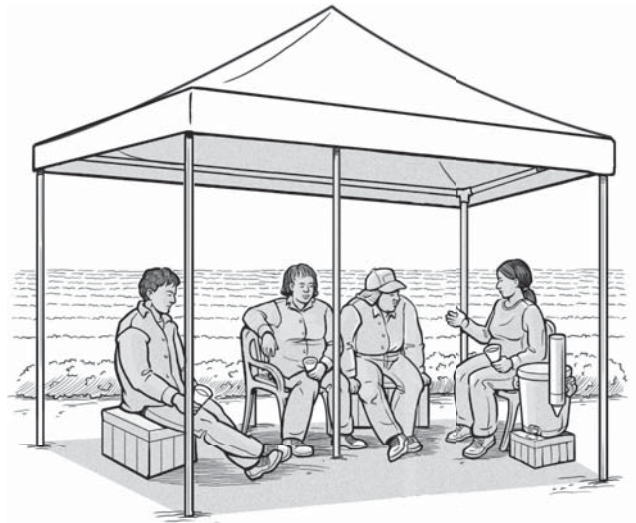
Rest in the shade



# Heat illness can be prevented!



**Water**



**Shade and Rest**



**Training**



**Emergency Plan**



U.S. Department of Labor  
Hilda L. Sells, Secretary of Labor

**OSHA**® Occupational Safety and Health Administration  
U.S. Department of Labor



Developed by  
CAL/OSHA

If you have questions, call OSHA.  
**It's confidential.** We can help!  
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OSHA 3422-04N 2011