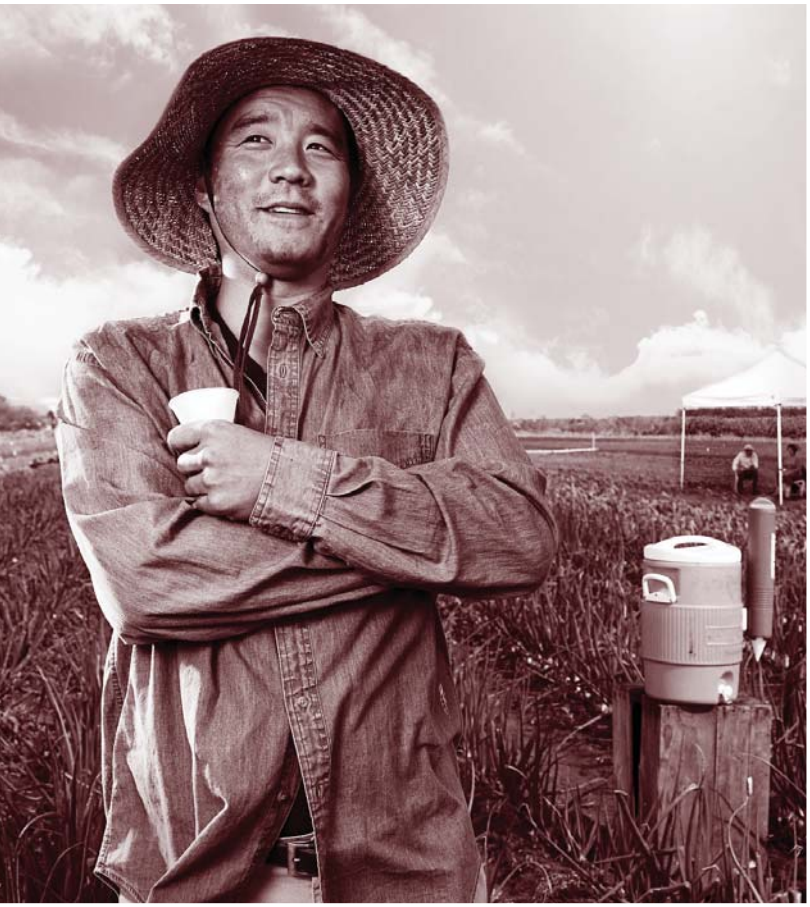
# WATER. REST. SHADE.



A HEAT SAFETY FACT SHEET

# Two types of heat illness:

## Heat Exhaustion

Dizziness

Headache

Sweaty skin

Fast heart beat

Nausea, vomiting

Weakness

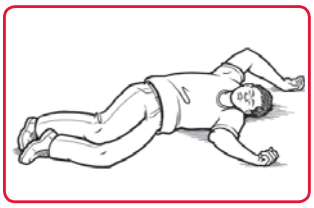
Cramps

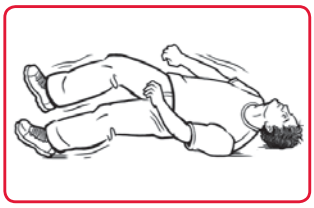
## Heat Stroke

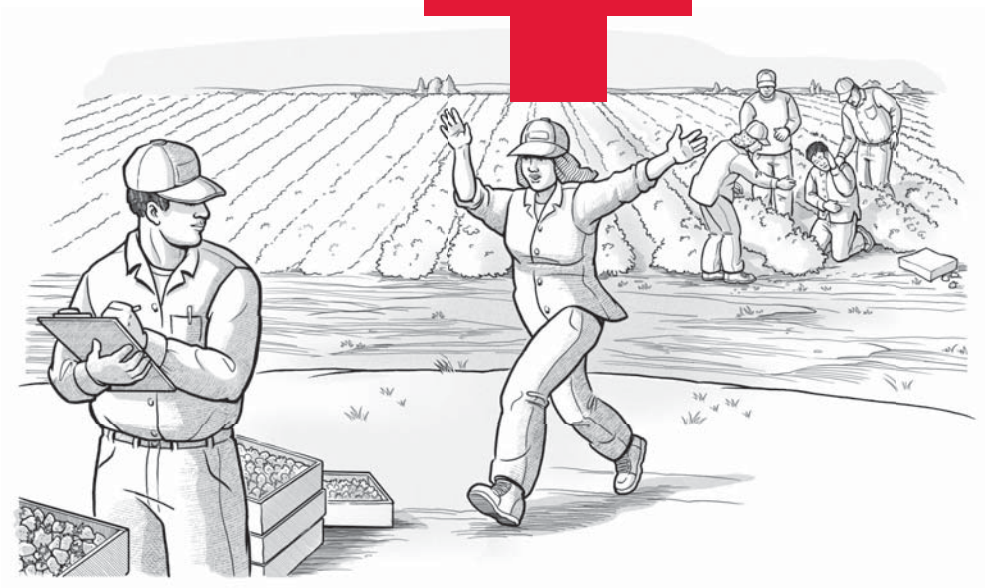
Red, hot, dry skin

High temperature

Confusion


Fainting

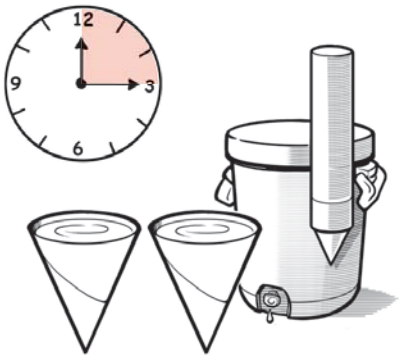

Convulsions



*Heat kills – get help right away!*

# Stay safe and healthy!

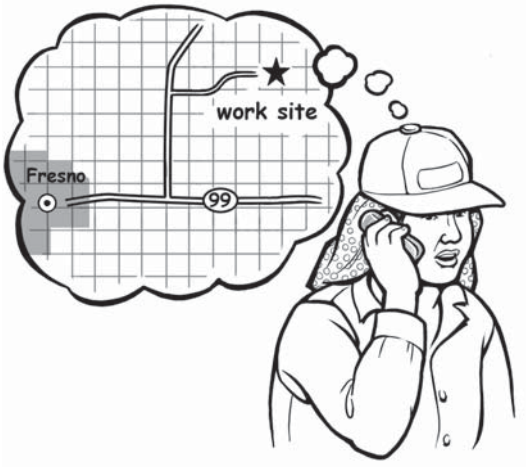
## Drink water even if you aren't thirsty – *every 15 minutes*



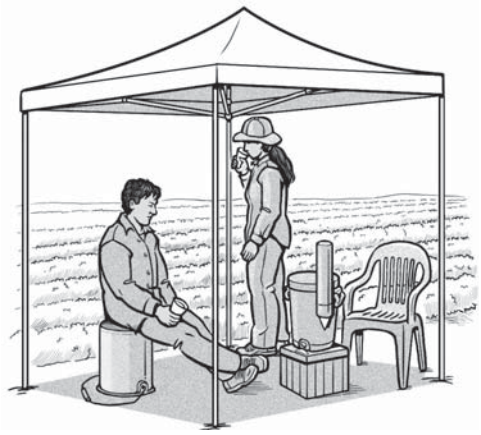
## Watch out for each other

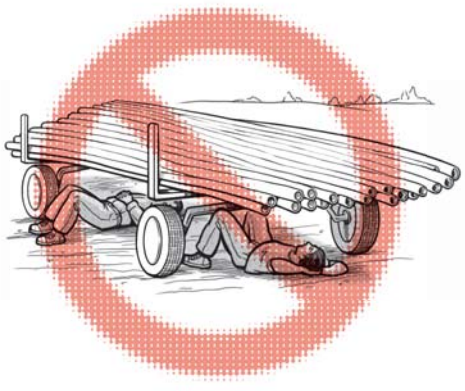
## Wear a hat and light-colored clothing

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



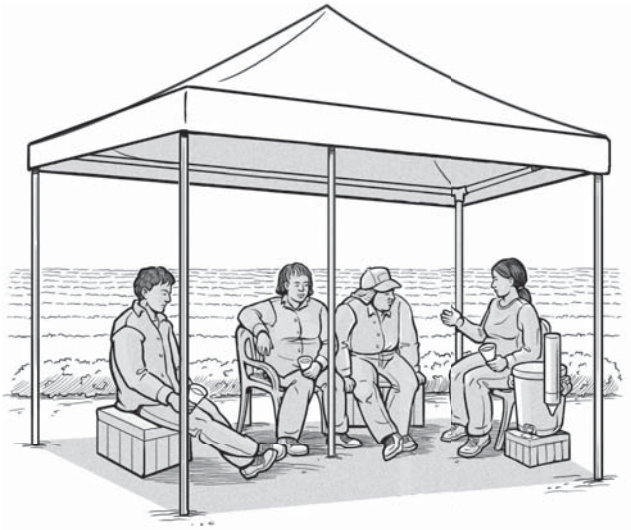

## Rest in the shade





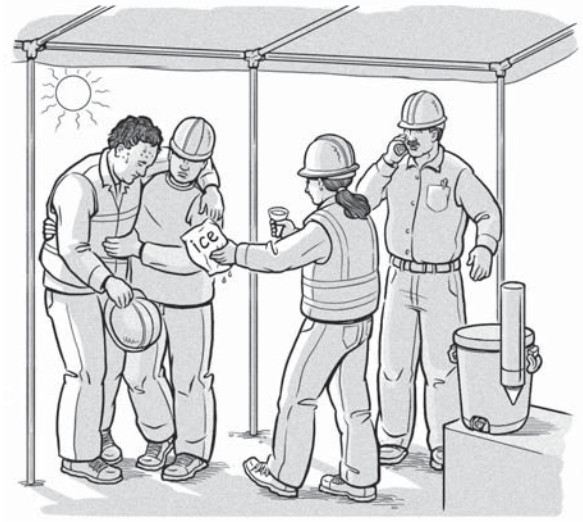
# Heat illness can be prevented!

☑ Water



☑ Shade and Rest

☑ Training




☑ Emergency Plan

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

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

Developed by CAL/OSHA

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OSHA 3422-04N 2011