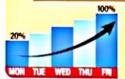


Prevent Heat Illness at Work

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



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- 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



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 hot, dry skin

Elevated body temperature

Thirst

Decreased urine output



Take these actions:

- >> Give water to drink
- » Remove unnecessary clothing
- Move to a cooler area
- >> Cool with water, ice, or a fan
- >> Do not leave alone
- » Seek medical care if needed





For more information: 1-800-321-OSHA (6742) TTY 1-877-889-5627 www.osha.gov/heat