WATER. REST. SHADE.

The work can’t get done without them.
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

If you have questions, call OSHA.
It's confidential. We can help!
1-800-321-OSHA (6742)
TTY 1-877-889-5627
www.osha.gov

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