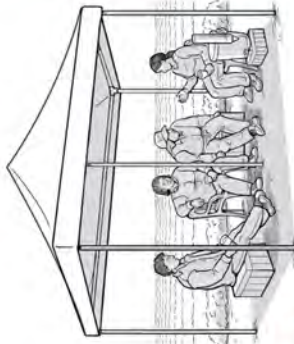


Heat illness can be prevented!



Water



Shade and Rest



Training



Emergency Plan





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



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

OSHA 3422-10R 2011



**WATER.
REST.
SHADE.**

The work can't get done without them.



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



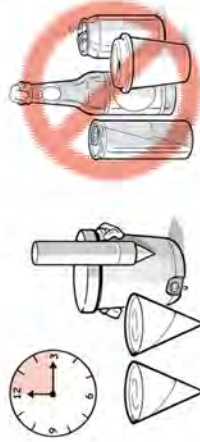
Fainting



Convulsions

Stay safe and healthy!

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



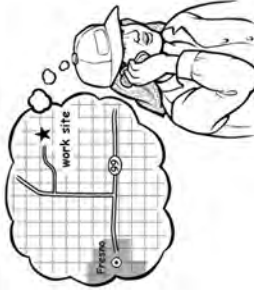
Watch out for each other



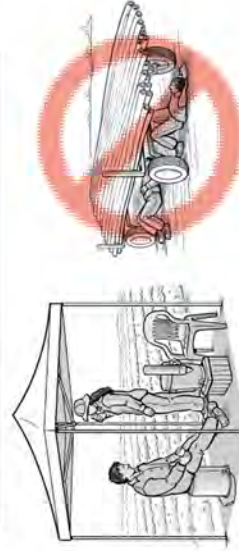
Wear a hat and light-colored clothing



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



Rest in the shade



Heat kills — get help right away!

