



AM I IN DANGER?

OSHA says that each year, thousands of workers get sick from heat exhaustion or heat stroke. *Some even die.*

You are at risk if you:

- Work in hot and humid conditions;
- Do heavy physical labor; and
- Don't drink enough water.

This risk is greater for workers who are not used to the heat.

What to look for...

Signs of Heat Exhaustion:

- Weakness and wet skin
- Headache, dizziness, or fainting
- Nausea or vomiting

Signs of Heat Stroke:

- Confusion or fainting
- May stop sweating dry, hot skin
- Convulsions or seizures



HOW TO PROTECT YOURSELF

1. Dress for hot conditions

- light colored clothes (white, cream, etc.)
- Loose fitting and lightweight clothes

2. Drink water

- Drink every 15 minutes. Do not wait.
- Do not drink alcohol and avoid caffeine

3. Take breaks

- take frequent breaks in shaded, cooled areas
- If you see a coworker with symptoms of heat exhaustion, speak up
- If you see a coworker with symptoms of heat stroke, seek medical attention immediately



YOUR EMPLOYER SHOULD...

- Have a heat illness prevention program and emergency plan.
- Provide training on heat hazards and steps to prevent heat-related illnesses.
- Provide clean, cool water about 4 cups (that's two 16-ounce bottles) each hour.
- Schedule frequent breaks in shaded or cooled areas.
- Gradually increase workloads for workers new to the heat.

