



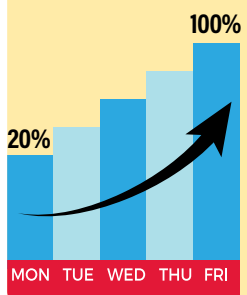
# Prevent Heat Illness at Work

**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 aren't 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**



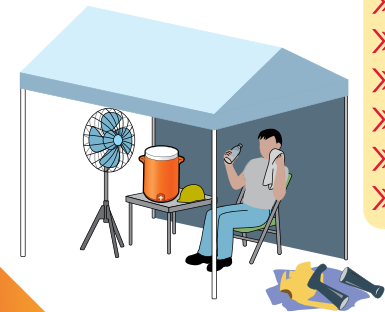
Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

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 cool 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



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

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See [www.osha.gov/workers](http://www.osha.gov/workers) for information about how to file a confidential complaint with OSHA and ask for an inspection.