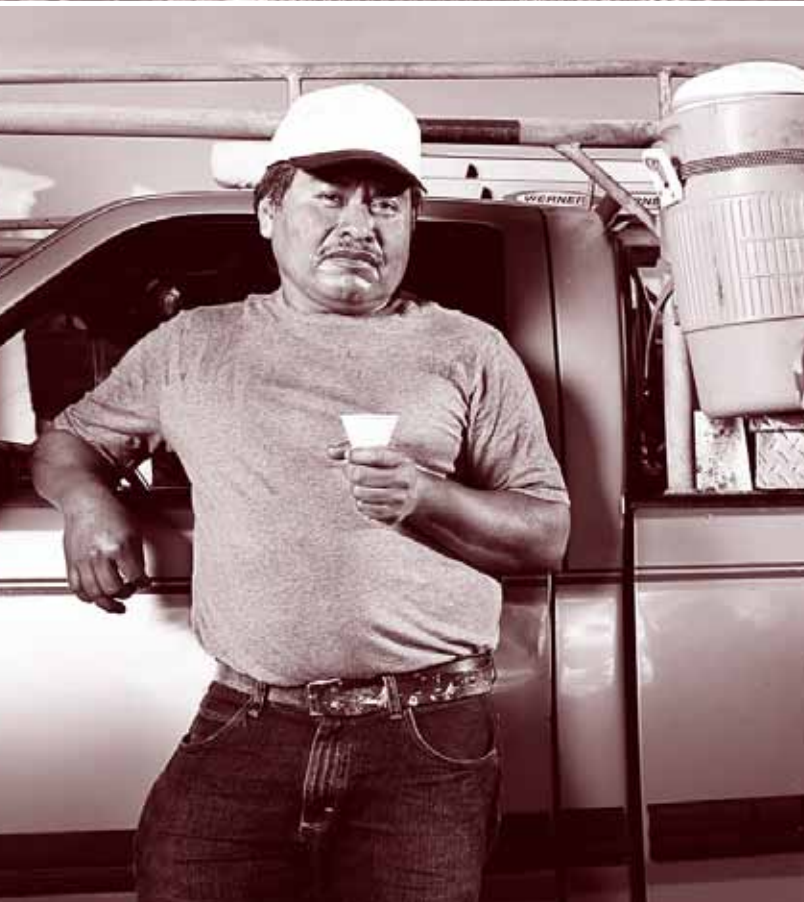




WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

Two types of heat illness:

Heat Exhaustion



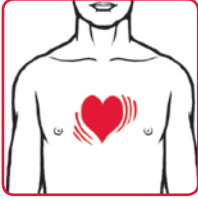
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



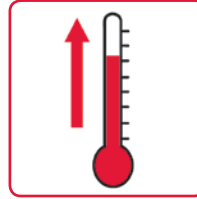
Cramps



Heat Stroke



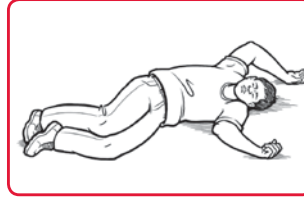
Red, hot, dry skin



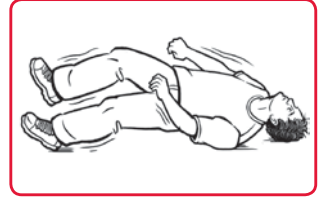
High temperature



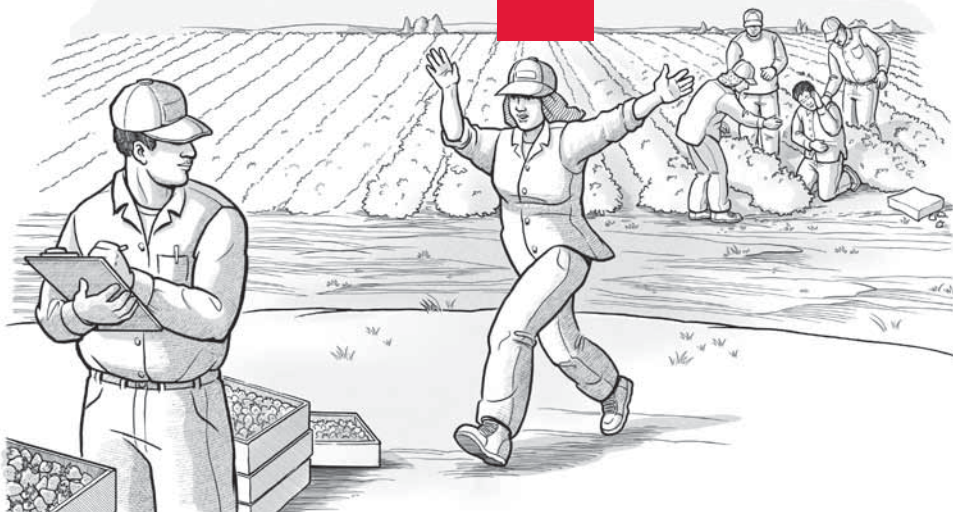
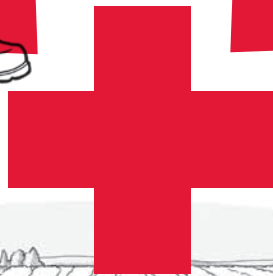
Confusion



Fainting



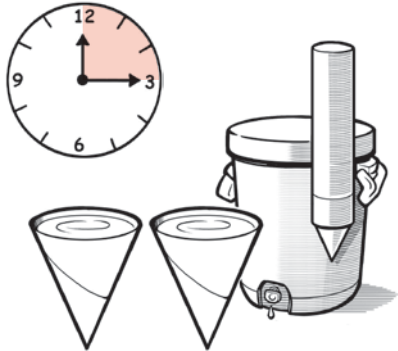
Convulsions



Heat kills – get help right away!

Stay safe and healthy!

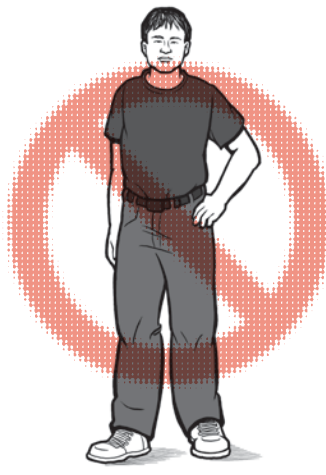
Drink water even if you aren't thirsty –
every 15 minutes



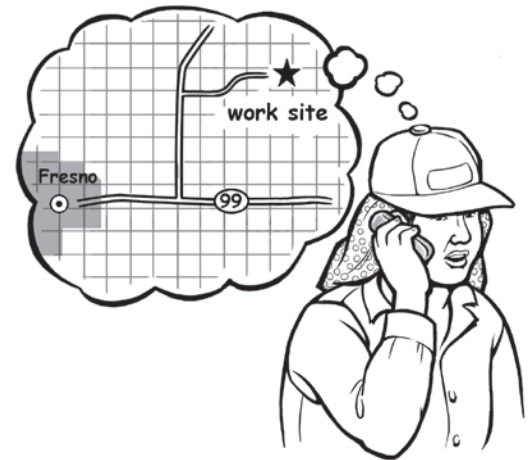
Watch out for each other



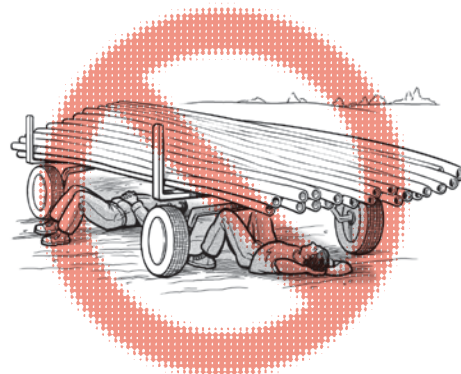
Wear a hat and light-colored clothing



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



Rest in the shade

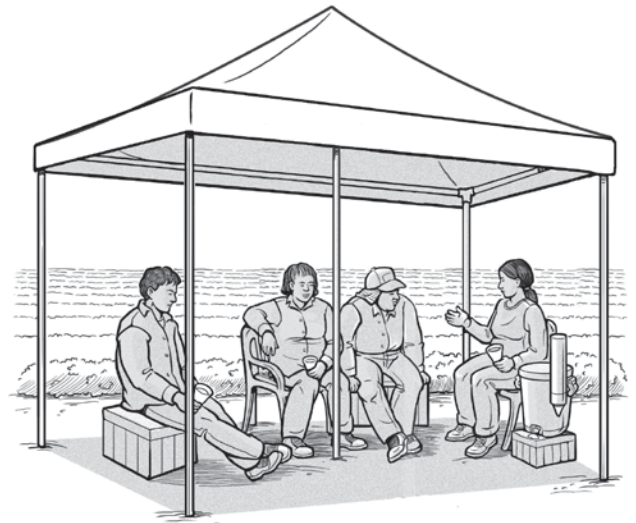


Heat illness can be prevented!

By law, your employer must have:



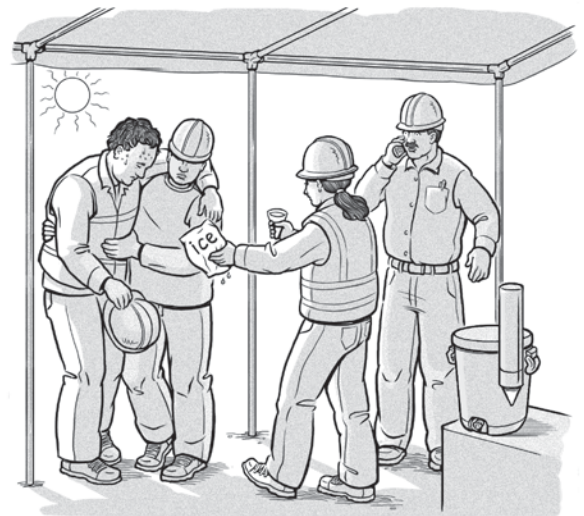
☒ **Water**



☒ **Shade and Rest**



☒ **Training**



☒ **Emergency Plan**



For more information, call the Heat Helpline:

1-877-99-CALOR (1-877-992-2567)

Your call is confidential!



www.99calor.org