



# STOPPING FOR WATER KEEPS YOU GOING.



**WATER.  
REST.  
SHADE.**

**877-99-CALOR**

[www.99calor.org](http://www.99calor.org)

*The work can't get done without them.*



## **HEAT ILLNESS CAN BE DEADLY.**

Your employer must provide water, rest, shade and training so that you can work longer, feel stronger, and avoid heat illness. Remember to:

- Drink water often, even if you aren't thirsty.
- Rest in the shade to cool down.
- Report heat symptoms early.
- Know what to do in an emergency.

Let's make heat safety part of the job. If your employer is not providing what is required for you to be safe in the heat, call Cal/OSHA for help. *Your call is confidential.*