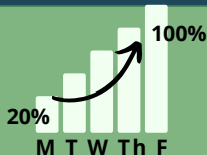


Prevent Heat Illness at Work

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

Even if you are not thirsty - at least 1 cup every 20 mins



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 Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing



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.

First Aid for Heat Illness

The following are signs of a medical emergency!

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



1

»» CALL 911 IMMEDIATELY

2

»» COOL THE WORKER RIGHT AWAY WITH WATER OR ICE

3

»» STAY WITH THE WORKER UNTIL HELP ARRIVES

Take these actions:

- Give 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 if needed