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

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

Wear a hat and light-colored clothing

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