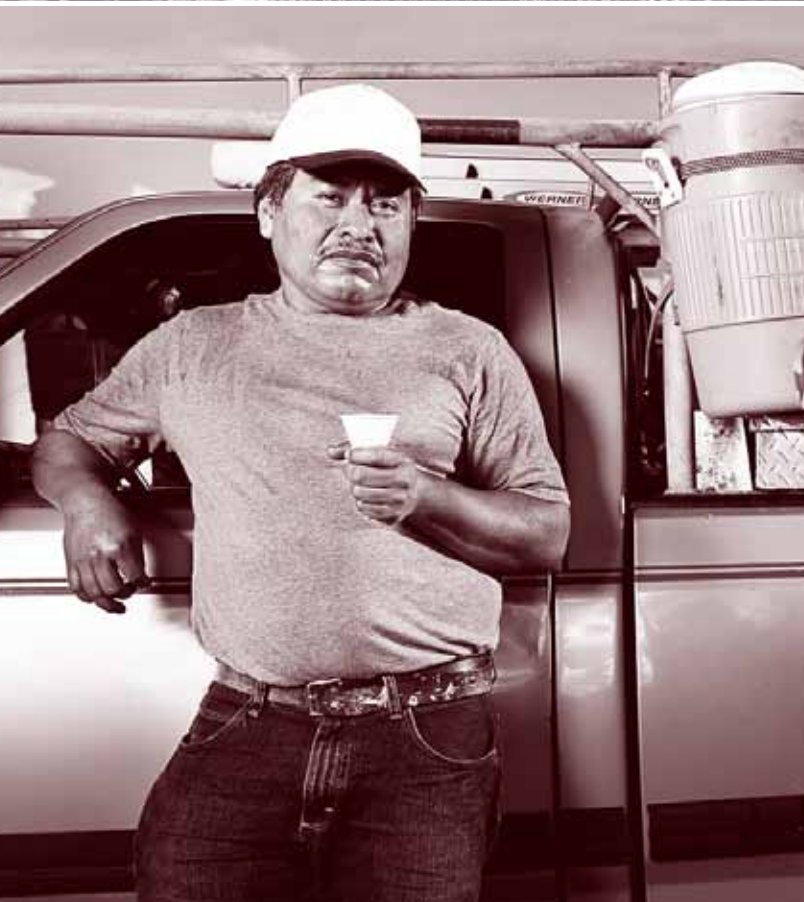




# WATER. REST. SHADE.

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



**A HEAT SAFETY FACT SHEET**

# Two types of heat illness:

## Heat Exhaustion



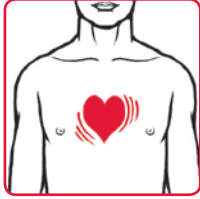
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



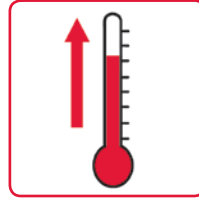
Cramps



## Heat Stroke



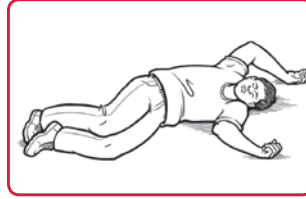
Red, hot, dry skin



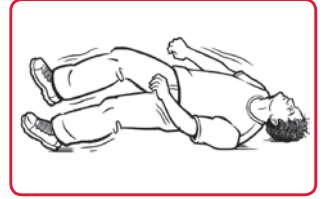
High temperature



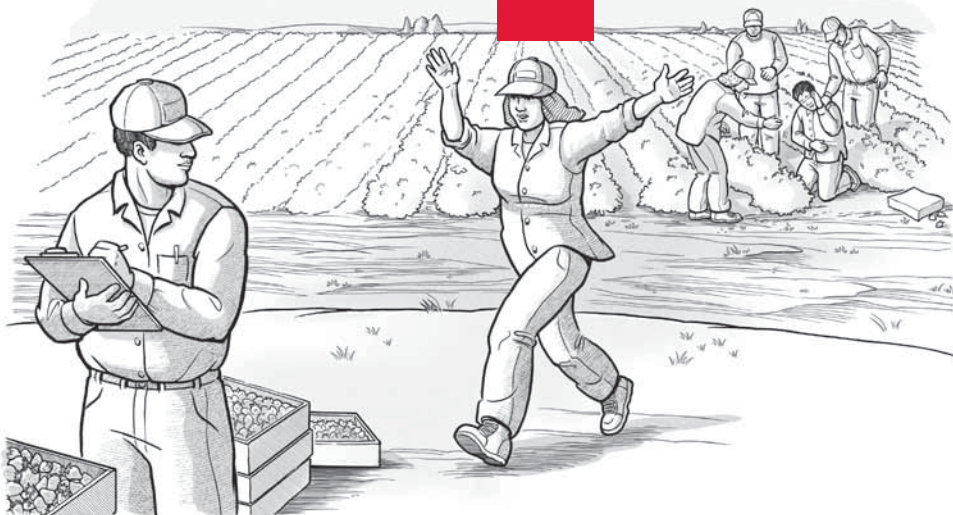
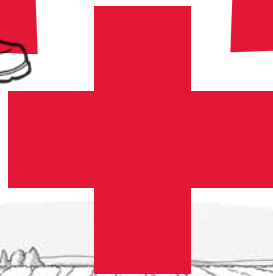
Confusion



Fainting



Convulsions

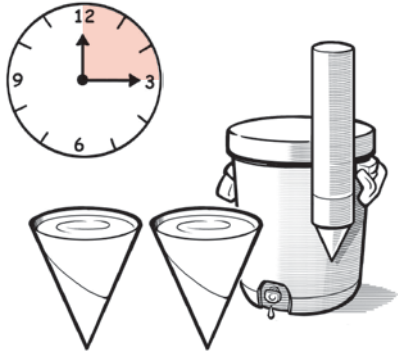


***Heat kills – get help right away!***



# Stay safe and healthy!

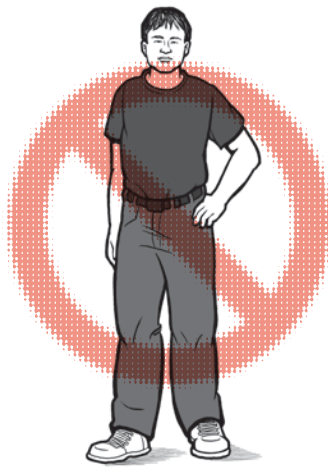
Drink water even if you aren't thirsty –  
*every 15 minutes*



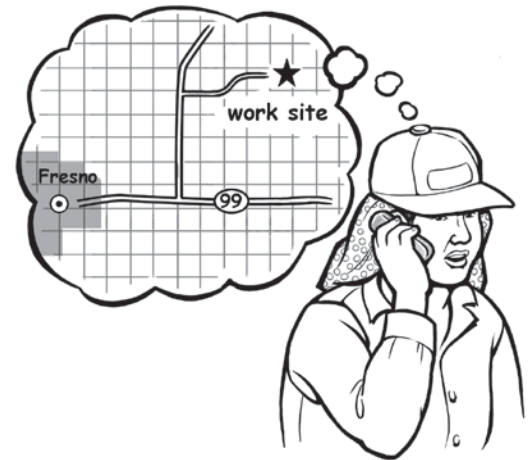
Watch out for each other



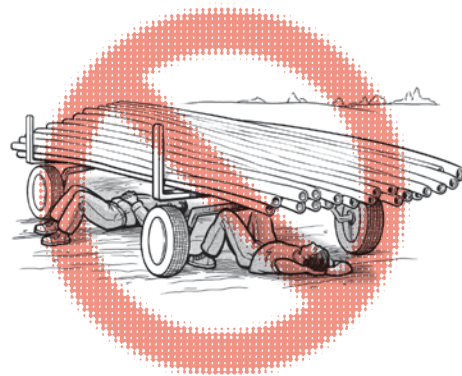
Wear a hat and light-colored clothing



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



Rest in the shade

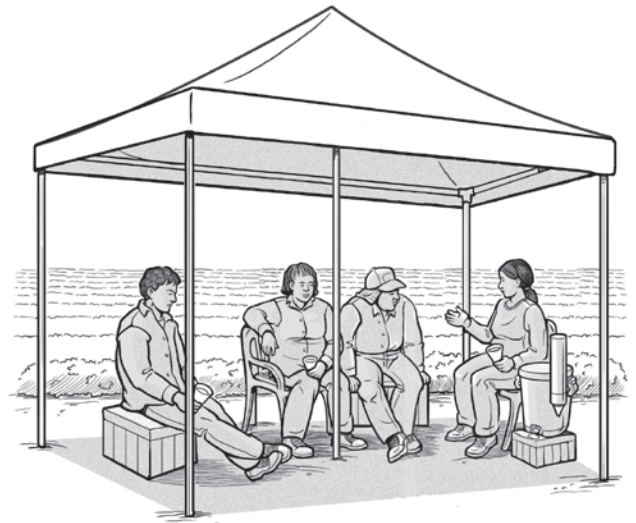


# Heat illness can be prevented!

By law, your employer must have:



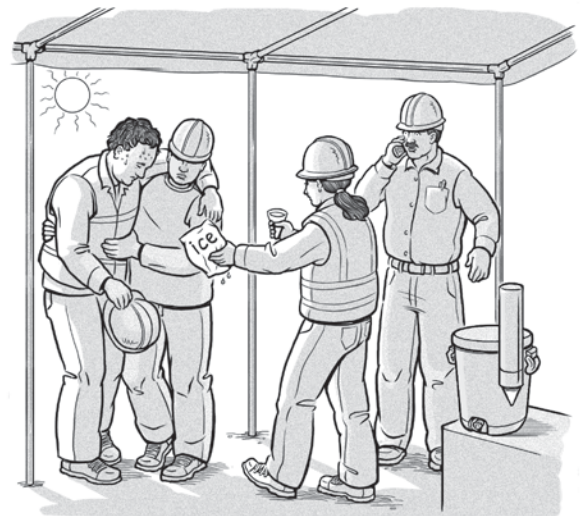
☒ **Water**



☒ **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](http://www.99calor.org)