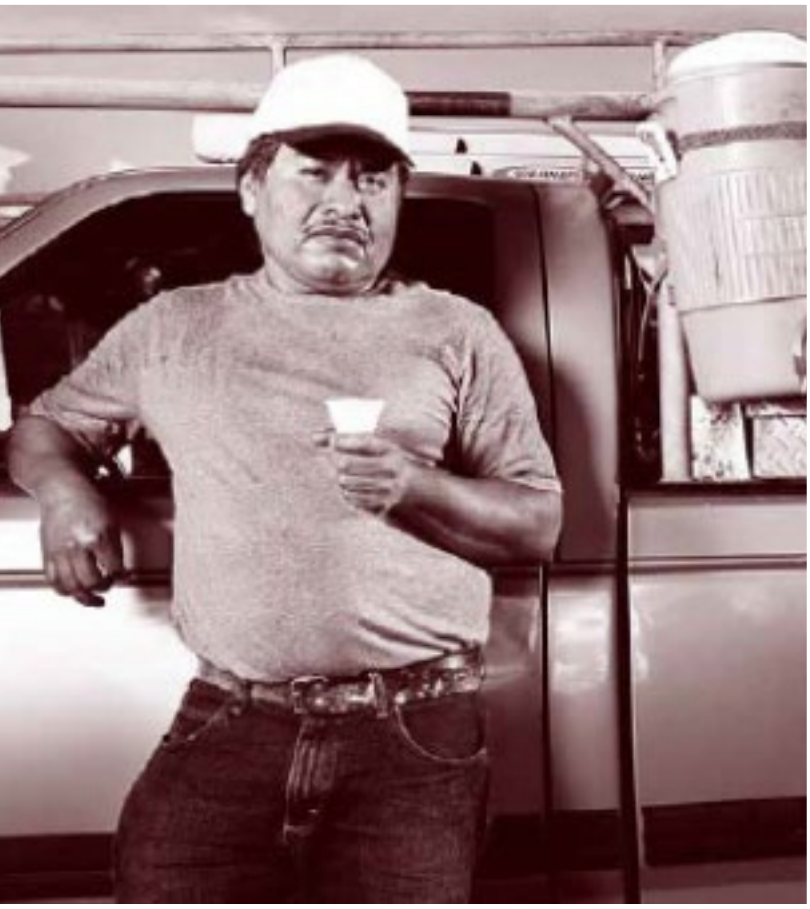
WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

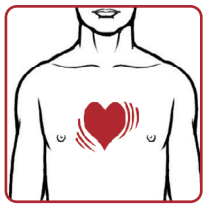
Two types of heat illness:

Heat Exhaustion

Dizziness

Headache

Sweaty skin


Fast heart beat

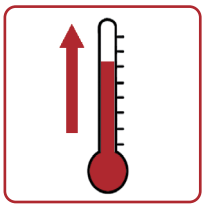
Nausea, vomiting

Weakness

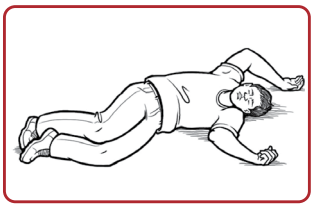
Cramps

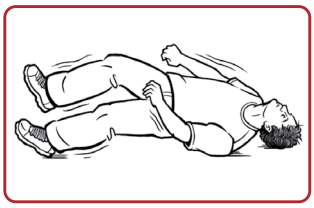
Heat Stroke

Red, hot, dry skin


High temperature

Confusion

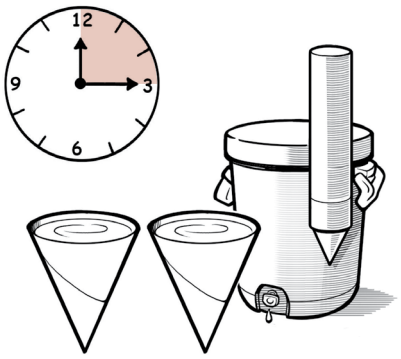

Fainting


Convulsions

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

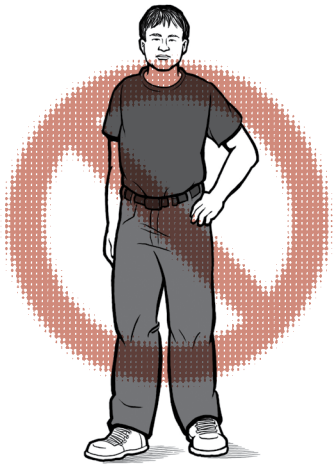
Stay safe and healthy!

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

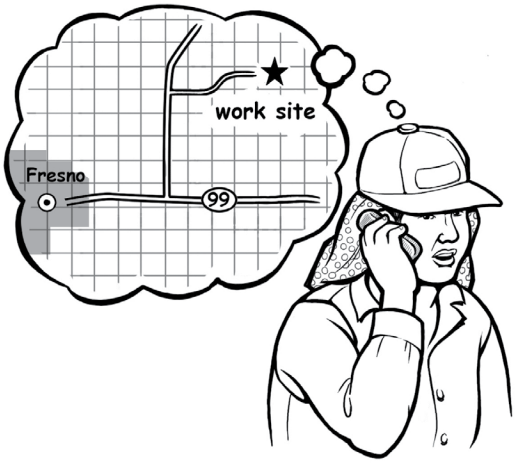


Watch out for each other

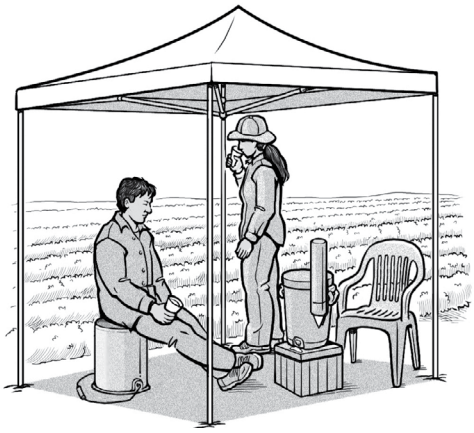
Wear a hat and light-colored clothing

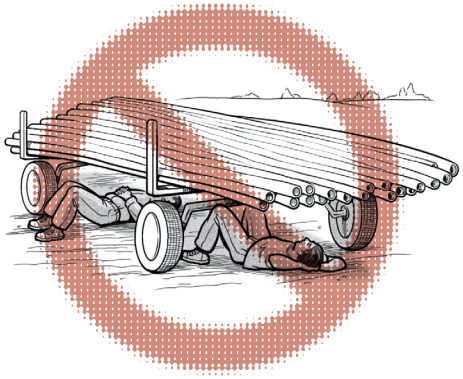


Know where you are working in case you need to call 911



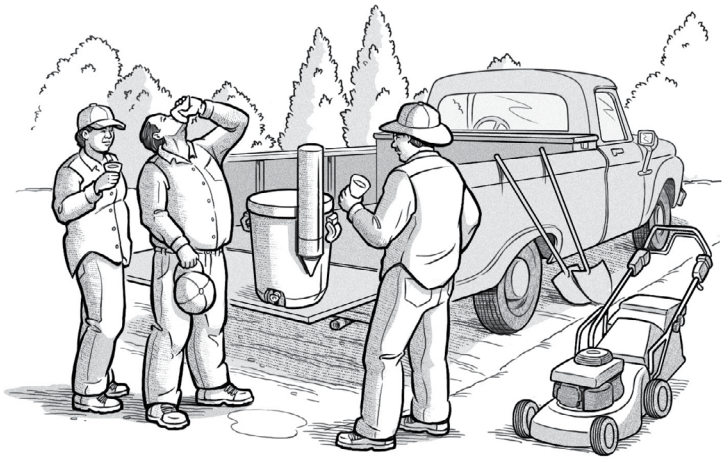
Rest in the shade



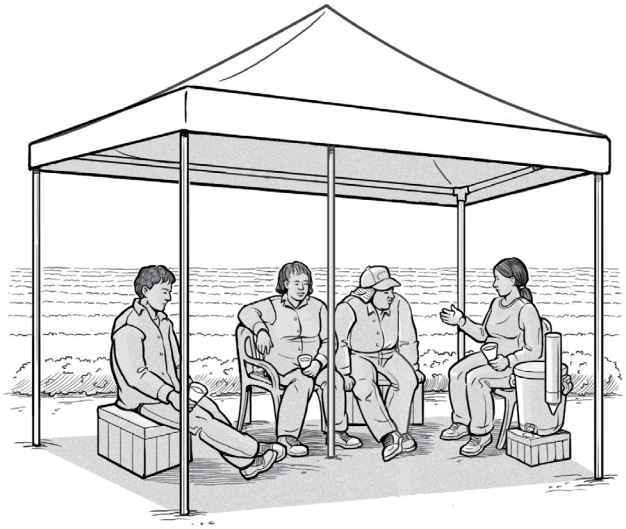


Heat illness can be prevented!

By law, your employer must have:

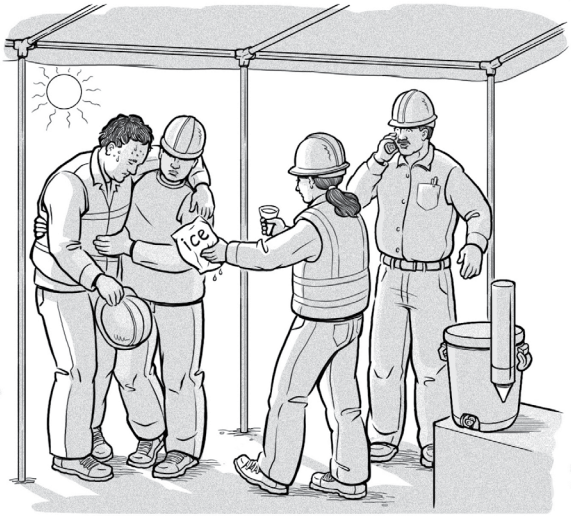


☑ **Water**



☑ **Shade and Rest**

☑ **Training**



☑ **Emergency Plan**

For more information, call the worker hotline:
1-833-579-0927
Your call is confidential!
www.**99calor**.org

STATE OF CALIFORNIA
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DEPARTMENT OF INDUSTRIAL RELATIONS

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