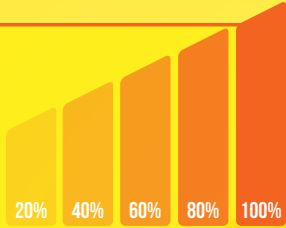


# Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous

## Protect Yourself and Others



**Ease into work.** Nearly 3 out of 4 fatalities from heat illness happen during the first week. **New** and **returning** workers need to build a tolerance to heat 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

Drink at least 1 cup of cool water every 20 minutes.



**Take Breaks** Take time to recover from temperature, humidity, and heat conditions.



### Watch out for Each Other

Monitor yourself and others for signs of heat illness.



### Find Shade or Cool Area

Take breaks in shady, cool areas.



**Dress for the Heat** Wear a hat and light-colored, loose-fitting, and breathable clothing.



### Take Care If Wearing a Face Covering

Change wet or soiled face coverings. Verbally check on others.

## First Aid for Heat Illness



### The following are signs of a medical emergency!

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

- 1 **Call 911 immediately** ◀
- 2 **Cool the worker down right away with water or ice**
- 3 **Stay with the worker until help arrives**



**Watch for any signs of heat illness and act quickly. When in doubt, call 911.**

#### If a worker experiences:

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

#### Take these actions:

- Give cool water to drink
- Remove unnecessary clothing
- Move to a cooler area
- Cool with water, ice, or a fan
- Do not leave them alone
- Seek medical care if needed