



Health effects of heat

Two types of heat illness:

Heat Exhaustion



Heat Stroke



Watch out for early symptoms. You may need medical help.

1

People react differently – you may have just a few of these symptoms, or most of them.



Stay safe and healthy!

WATER. REST. SHADE. The work can't get done without them.

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




Rest in the shade.




Watch out for each other.



Wear hats and light-colored clothing.




2

"Easy does it" on your first days of work in the heat. You need to get used to it. Rest in the shade – at least 5 minutes as needed to cool down.



Be prepared for an emergency

Heat kills -- get help right away!



If someone in your crew has symptoms:

- 1) Tell the person who has a radio/phone and can call the supervisor -- you need medical help.
- 2) Start providing first aid while you wait for the ambulance to arrive.
- 3) Move the person to cool off in the shade.
- 4) Little by little, give him water (as long as he is not vomiting).
- 5) Loosen his clothing.
- 6) Help cool him: fan him, put ice packs in groin and underarms, or soak his clothing with cool water.

When you call for help, you need to:

- Be prepared to describe the symptoms.
- Give specific and clear directions to your work site.



3



Heat illness can be prevented!

At our work site, we have:



Water



Shade to rest and cool down

We are extra careful when there is a heat wave or temperature goes up. Then we may change our work hours, and we all need more water and rest.



Training and emergency plan

4



For more information:
 1-800-368-5842 • TTY 1-877-888-6822 • www.osha.gov
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