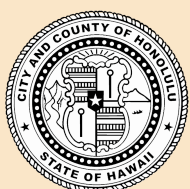
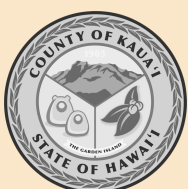


TIPS TO STAY SAFE FROM HEAT AT WORK



Brought to you by:



Who is at risk from work-related heat stress?

People who work outdoors or in places without adequate cooling are more likely to become dehydrated and suffer from heat-related illness.

Outdoor Workers	Indoor Workers
Farmers and Landscapers	Bakery and Kitchen Workers
Construction Workers (especially, road and roofing)	Warehouse Workers
Sanitation Workers	Factory Workers
Mail and Package Delivery Workers	Maintenance and Utility Workers
Industrial and Manufacturing Workers	

How does heat impact workers?

Heat can increase workers' risk of injuries.

Dehydration, sweaty palms, fogged-up safety glasses, dizziness, and reduced brain function due to heat create additional potential for injuries on top of heat-related illnesses.



Reminders: What can you do to prepare for heat?



Hydrate before, during and after work.

Drink 1 cup of cool water every 20 minutes even if you aren't thirsty. Avoid energy drinks and alcohol.



Schedule regular breaks in shaded or air-conditioned areas to cool down and rest.



Choose **lightweight, breathable, and light-colored** clothing.

Use hats and sunglasses to protect from the sun.



Use **cooling towels or bandanas** around the neck, and **portable fans or misting devices**.

Consider investing in a cooling vest during work.



Frequently check on your teammates to **verbally confirm** they're feeling okay.

Resources for Heat Safety in the Workplace



1 **Report an injury or illness**, and review and get copies of your medical records from your employer.



2 **Speak up about hazards** without fear of retaliation. For more information on whistleblower protections, visit www.whistleblowers.gov.

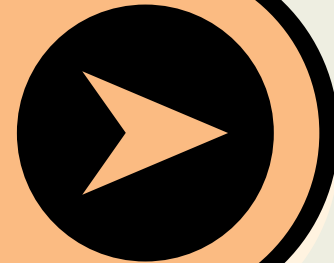


3 **Request a heat inspection** from OSHA and speak to OSHA inspectors.



4 **See the results of workplace examinations** or tests taken to identify workplace hazards.

LEARN MORE



Find more resources
about heat illness,
extreme heat, and how
to prepare at
www.osha.gov/heat