



# WATER. REST. SHADE.

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



## HEAT SAFETY



# Two types of heat illness:

## Heat Exhaustion



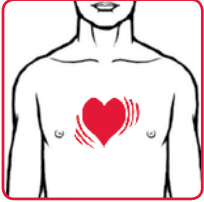
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



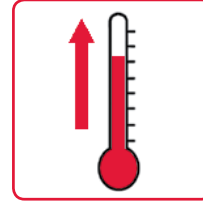
Cramps



## Heat Stroke



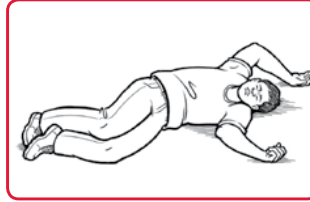
Red, hot, dry skin



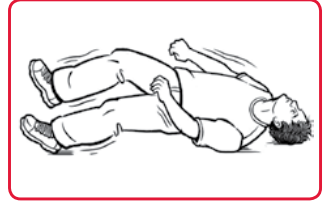
High temperature



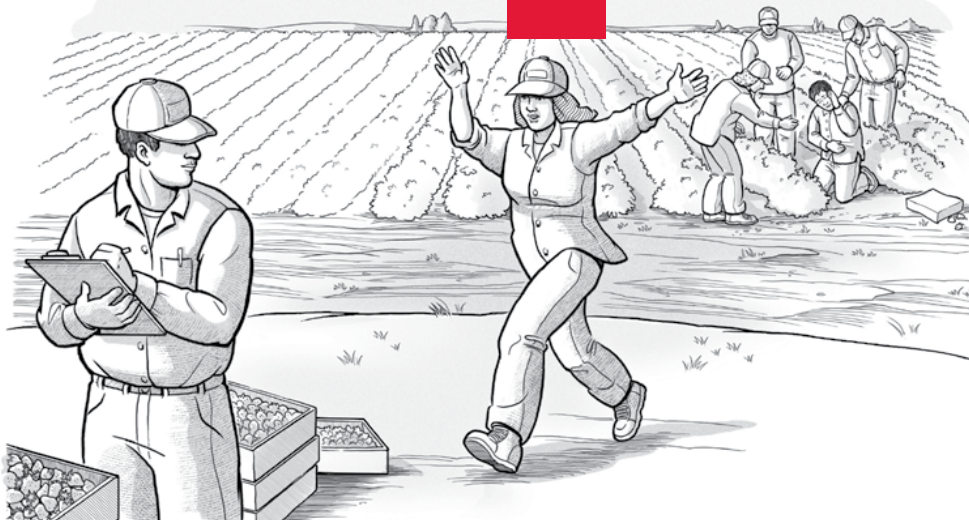
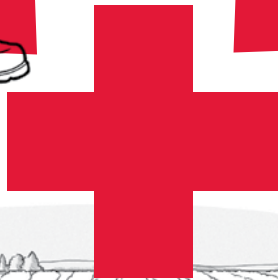
Confusion



Fainting



Convulsions



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

# Stay safe and healthy!

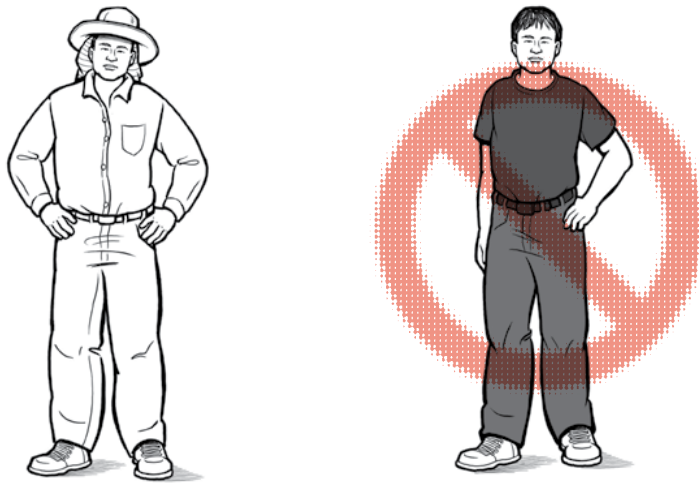
Drink water even if you aren't thirsty –  
*every 15 minutes*



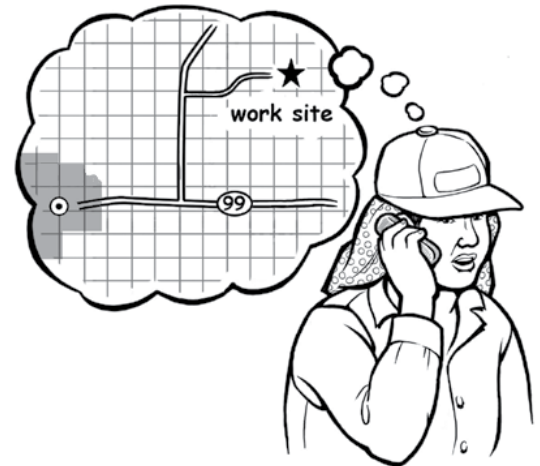
Watch out for each other



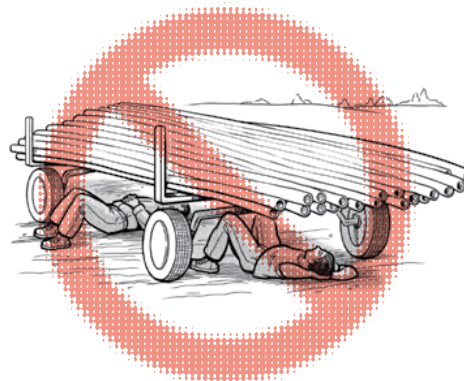
Wear a hat and light-colored clothing



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



Rest in the shade

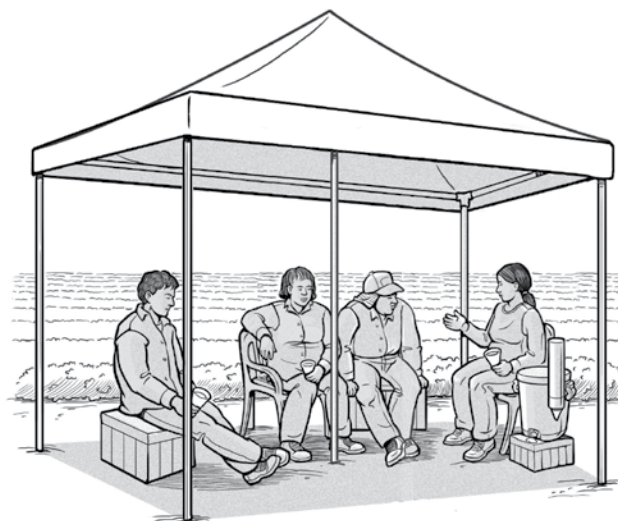




# Heat illness can be prevented!



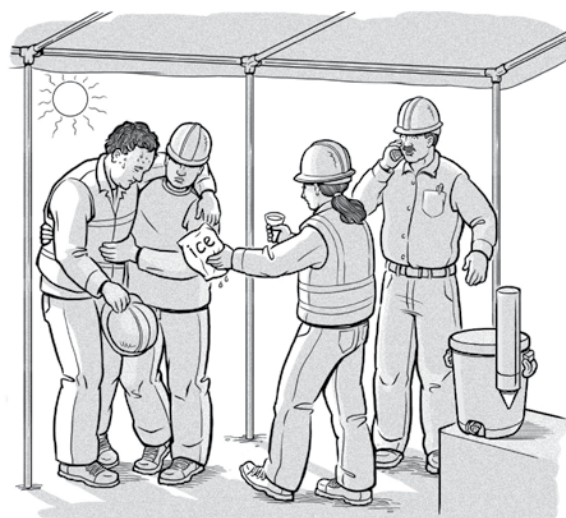
☒ **Water**



☒ **Shade and Rest**



☒ **Training**



☒ **Emergency Plan**



**If you have questions, call  
Oregon OSHA. We can help!**

1-800-922-2689  
[osha.oregon.gov](http://osha.oregon.gov)

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