A HEAT SAFETY FACT SHEET

The work can’t get done without them.

By law, your employer must have:

- Water
- Shade
- Rest
- Training
- Emergency Plan

Heat illness can be prevented!

If you have questions, call Oregon OSHA.

We can help!

1-800-922-2689 • www.oregonosha.org

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

He who 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

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

Wear a hat and light-colored clothing

Rest in the shade

Stay safe and healthy!
Heat illness can be prevented!

- **Water**
- **Shade and Rest**
- **Training**
- **Emergency Plan**

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