WATER. REST. SHADE.

The work can’t get done without them.
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

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

Wear a hat and light-colored clothing

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