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
oshap.oregon.gov