STOPPING FOR WATER KEEPS YOU GOING.

WATER. REST. SHADE.

1-800-922-2689
www.orosha.org

Let’s make heat safety part of the job. If you have questions, call Oregon OSHA. We can help!

HEAT ILLNESS CAN BE DEADLY.

Remember to:
- Drink water often, even if you aren’t thirsty.
- Rest in the shade to cool down.
- Report heat symptoms early.
- Know what to do in an emergency.

The work can’t get done without them.

Oregon OSHA