



# STOPPING FOR WATER KEEPS YOU GOING.



**WATER.  
REST.  
SHADE.**

1-800-922-2689  
[www.orosha.org](http://www.orosha.org)



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

## 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.

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

