



# Health effects of heat

## Two types of heat illness:

### Heat Exhaustion



Dizziness



Headache



Sweaty skin



Weakness



Cramps



Nausea, vomiting



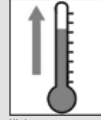
Fast heart beat



### Heat Stroke



Red, hot, dry skin



High temperature



Confusion



Convulsions



Fainting



**Watch out for early symptoms.** You may need medical help.

People react differently — you may have just a few of these symptoms, or most of them.

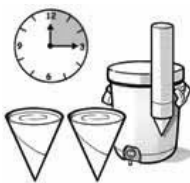
1



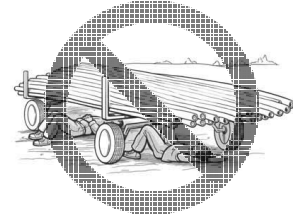
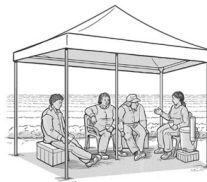
## Stay safe and healthy!

**WATER. REST. SHADE.** The work can't get done without them.

**Drink water even if you aren't thirsty — every 15 minutes.**



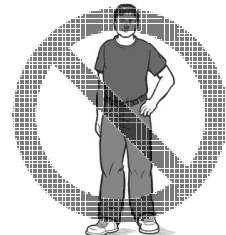
**Rest in the shade.**



**Watch out for each other.**



**Wear hats and light-colored clothing.**



**"Easy does it"** on your first days of work in the heat. You need to get used to it.

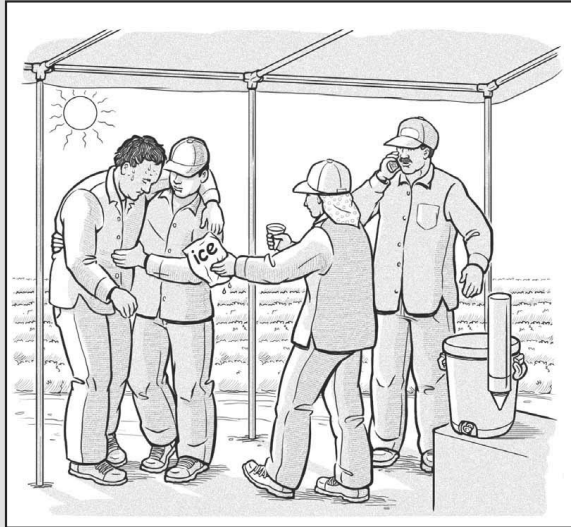
Rest in the shade — at least 5 minutes as needed to cool down.

2



# Be prepared for an emergency

**Heat kills -- get help right away!**

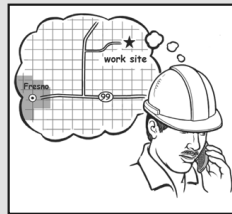


## If someone in your crew has symptoms:

- 1) Tell the person who has a radio/phone and can call the supervisor – you need medical help.
- 2) Start providing first aid while you wait for the ambulance to arrive.
- 3) Move the person to cool off in the shade.
- 4) Little by little, give him water (as long as he is not vomiting).
- 5) Loosen his clothing.
- 6) Help cool him: fan him, put ice packs in groin and underarms, or soak his clothing with cool water.

## When you call for help, you need to:

- Be prepared to describe the symptoms.
- Give specific and clear directions to your work site.



**3**

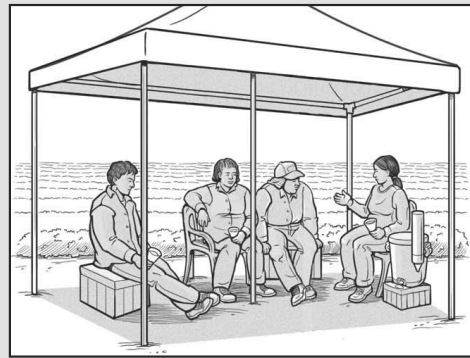


# Heat illness can be prevented!

**At our work site, we have:**



**Water**



**Shade to rest and cool down**

We are extra careful when there is a heat wave or temperature goes up. Then we may change our work hours, and we all need more water and rest.



**Training and emergency plan**

**4**



U.S. Department of Labor  
Hilda L. Solis, Secretary of Labor

For more information:  
1-800-321-OSHA (6742) • TTY 1-877-889-5627 • [www.osha.gov](http://www.osha.gov)

**OSHA** Occupational Safety and Health Administration  
U.S. Department of Labor



Developed by  
CAL OSHA