



2021 New Materials

Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

Ways to Protect Yourself and Others

Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

- ✓ **Ease into Work** New and returning workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.


<p>Drink Water Drink water even if you aren't thirsty — at least 1 cup every 20 minutes.</p> <p>Take Rest Breaks Take enough time to recover from heat given the temperature, humidity, and conditions.</p> <p>Find Shade or a Cool Area Take breaks in a shady or cool location.</p>	<p>Dress for the Heat Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.</p> <p>Watch Out for Each Other Monitor yourself and others for signs of heat illness.</p> <p>When Wearing a Face Covering Change your face covering if it gets wet or soiled. Verbally check on others frequently.</p>
--	--

First Aid for Heat Illness


The following are signs of a medical emergency!

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1** > CALL 911 IMMEDIATELY
- 2** > COOL THE WORKER RIGHT AWAY WITH WATER OR ICE
- 3** > STAY WITH THE WORKER UNTIL HELP ARRIVES



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

<p>If a worker experiences:</p> <ul style="list-style-type: none"> Headache and nausea Weakness and dizziness Heavy sweating or hot, dry skin Elevated body temperature Thirst Decreased urine output 		<p>Take these actions:</p> <ul style="list-style-type: none"> > Give water to drink > Remove unnecessary clothing > Move to a cooler area > Cool with water, ice, or a fan > Do not leave alone > Seek medical care
--	---	--

OSHA Occupational Safety and Health Administration

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

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See <https://www.osha.gov/workers> for information about how to file a confidential complaint with OSHA and ask for an inspector.



[English](#) | [Spanish](#)



Prevent Heat Illness At Work Pamphlet




Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.



Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New and returning workers** need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.

-  **Drink Cool Water**
Drink cool water even if you aren't thirsty — at least 1 cup every 20 minutes.
-  **Take Rest Breaks**
Take enough time to recover from heat given the temperature, humidity, and conditions.
-  **Find Shade or a Cool Area**
Take breaks in a designated shady or cool location.
-  **Dress for the Heat**
Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.
-  **Watch Out for Each Other**
Monitor yourself and others for signs of heat illness.
-  **If Wearing a Face Covering**
Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1** >> **CALL 911 IMMEDIATELY**
- 2** >> **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**
- 3** >> **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output

Take these actions:

- >> Give cool water to drink
- >> Remove unnecessary clothing
- >> Move to a cooler area
- >> Cool with water, ice, or a fan
- >> Do not leave alone
- >> Seek medical care

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

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA 4135-06 2021

[English](#) | [Spanish](#)





Infographics

Consejos para Prevenir las Enfermedades Relacionadas con el Calor en el Trabajo  osha.gov/heat



Modere su actividad. Casi 3 de cada 4 muertes por el calor ocurren durante la primera semana de trabajo.

Desarrolle una tolerancia al calor aumentando la intensidad en un 20% cada día.

Día	Intensidad
Lun	20%
Mar	40%
Mie	60%
Jue	80%
Vie	100%

-  Beba agua fría aun si no tiene sed
-  Descanse lo suficiente para recuperarse del calor
-  Tome descansos bajo la sombra o en un lugar fresco
-  Use sombrero y ropa adecuada para el calor
-  Esté pendiente a sus compañeros
-  Chequee verbalmente a los trabajadores usando mascarilla

<https://www.osha.gov/heat/video-graphics>





Heat PSAs

- 60 Second Audio Messages on Heat Illness Prevention
 - English: [Recording](#) | [Transcript](#)
 - Spanish: [Recording](#) | [Transcript](#)
- 60 Second Video Messages on Heat Illness Prevention
 - English: [Recording](#) | [Transcript](#)
 - Spanish: [Recording](#) | [Transcript](#)





Remembering Tim: A Life Lost to Heat Illness at Work



Tim didn't have to lose his life.

<https://www.youtube.com/watch?v=o3ULhPd0KQg&feature=youtu.be>

