

Plan Ahead and Be Prepared



Provide training on heat illness to all workers.
Have an emergency plan.



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

Federal law entitles workers to a safe workplace. Workers 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.

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OSHA 3422-07R 2023

Work Safely in Heat

Indoor and outdoor workers are at risk for heat illness.



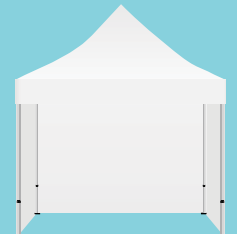
Heat illness is preventable



Drink cool water



Take rest breaks



Find shade or a cool area



Wear light-colored, loose-fitting clothing where possible



Check on each other



Some equipment can increase your heat exposure

If a worker experiences:



Headache or nausea



Weakness or dizziness



Heavy sweating



Hot and dry skin
High body temperature



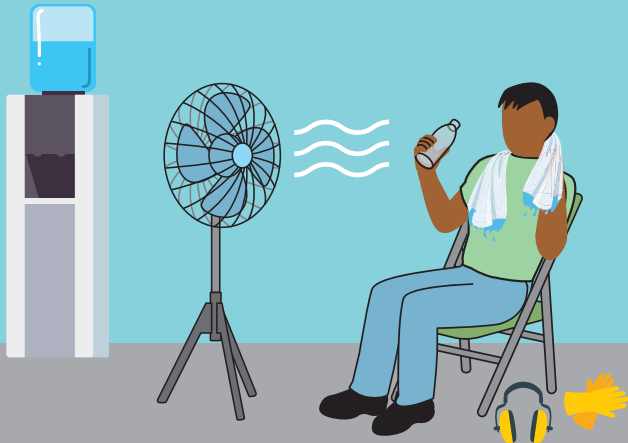
Thirst



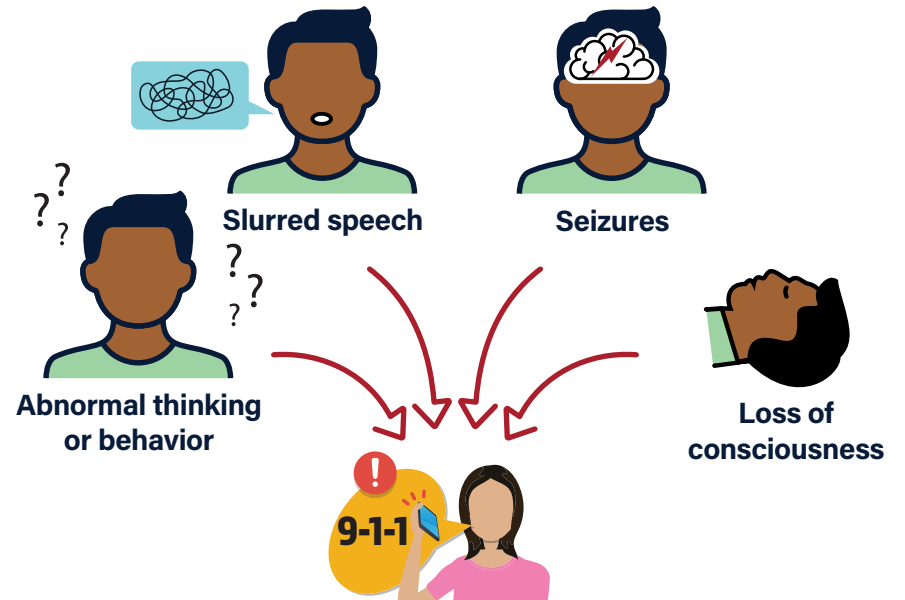
Decreased
urine output

Take these actions:

- Drink water
- Remove unnecessary clothing
- Move to a cooler area and use a fan, if available
- Cool with water and ice
- Do not leave alone
- When in doubt, call 911



Signs of a medical emergency



1. Call 911 immediately
2. Cool the worker right away with water or ice
3. Remove unnecessary clothing and give cool water to drink
4. Stay with the worker until help arrives

