



# Health effects of heat

Two types of heat illness:

## Heat Exhaustion



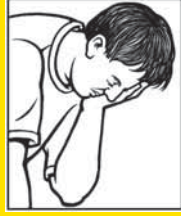
Dizziness



Headache



Sweaty skin



Weakness



Cramps



Nausea, vomiting



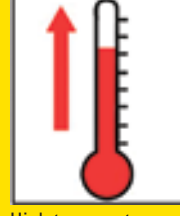
Fast heart beat



## Heat Stroke



Red, hot, dry skin



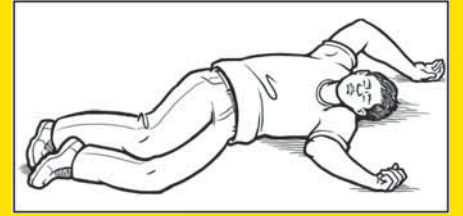
High temperature



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.

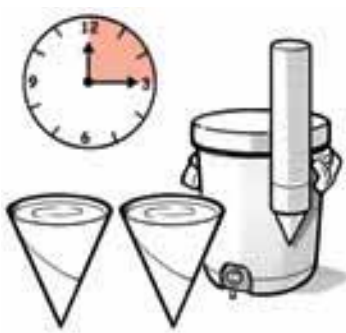
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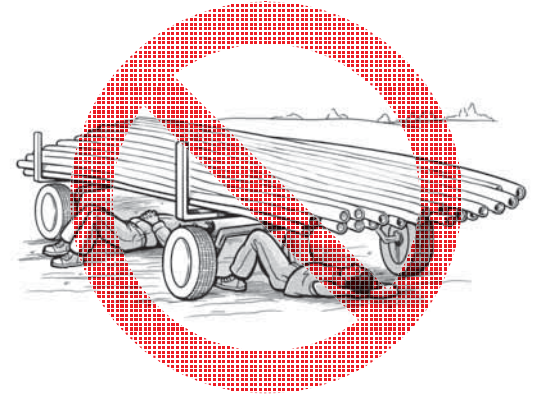
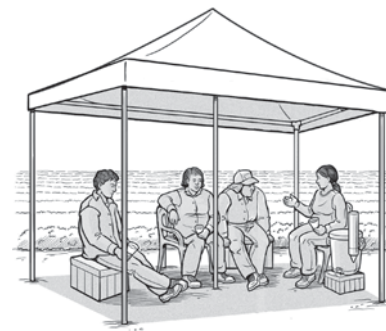
# Stay safe and healthy!

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

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



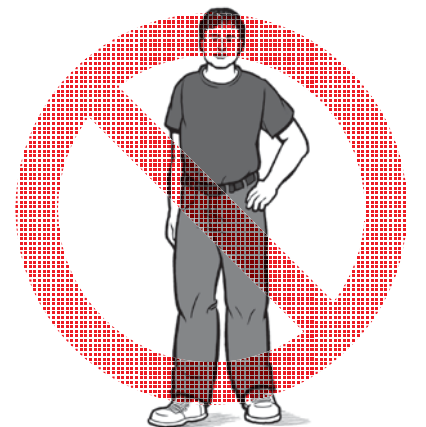
**Rest in the shade.**



**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.

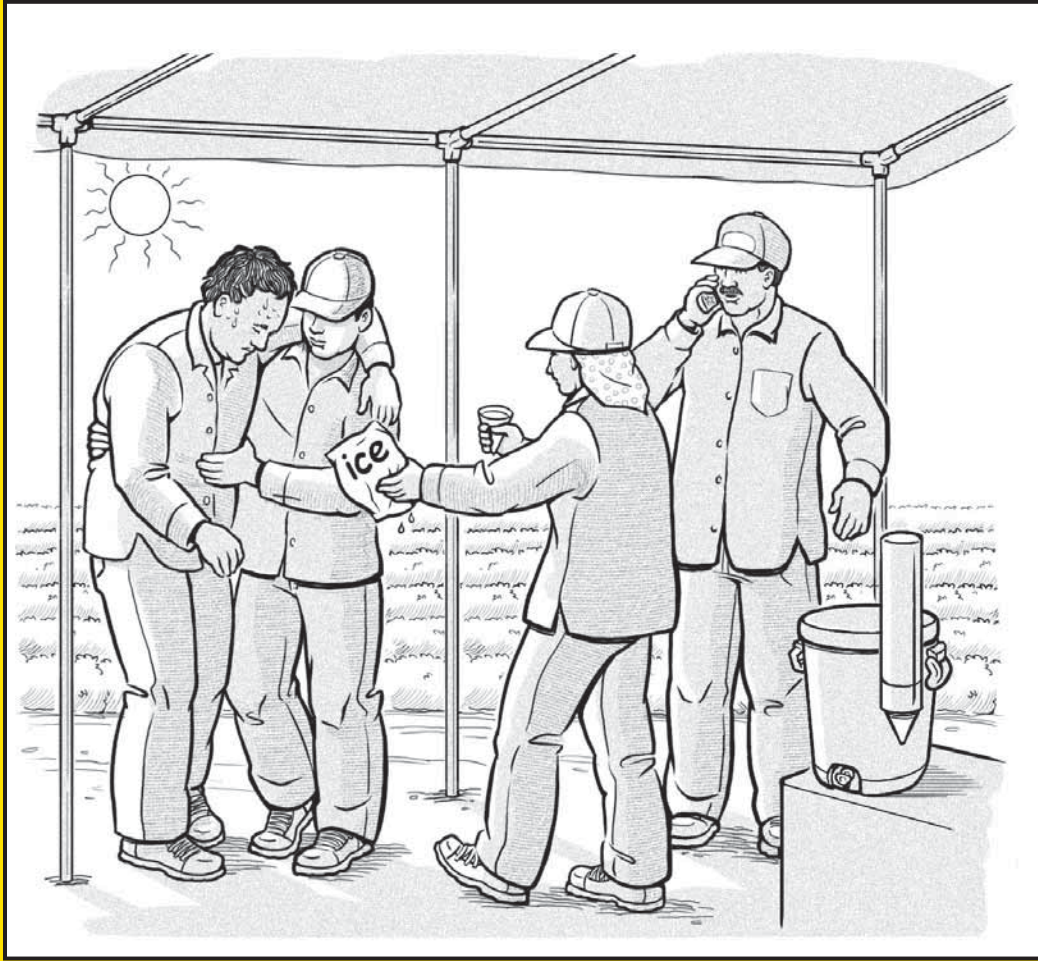
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# Be prepared for an emergency

## Heat kills -- get help right away!



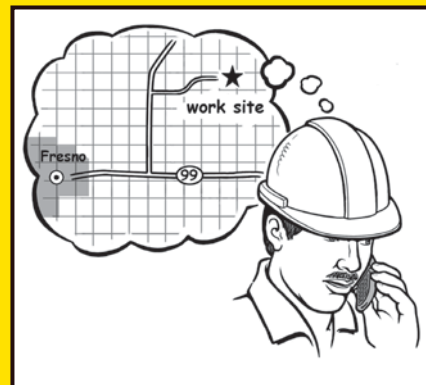
### If someone in your crew has symptoms:

- 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:

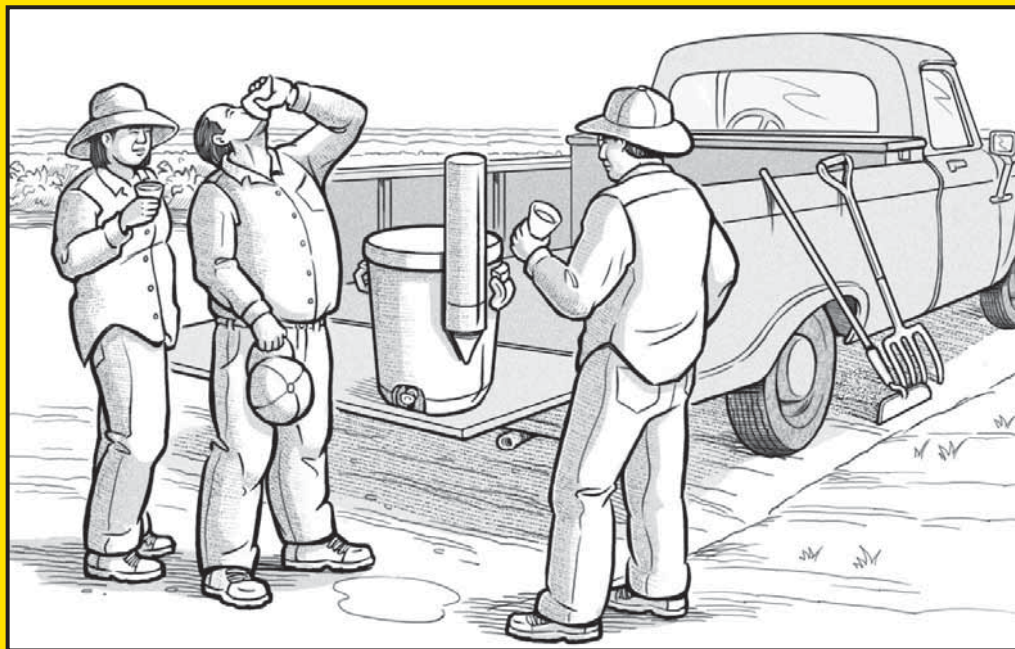
- Be prepared to describe the symptoms.
- Give specific and clear directions to your work site.

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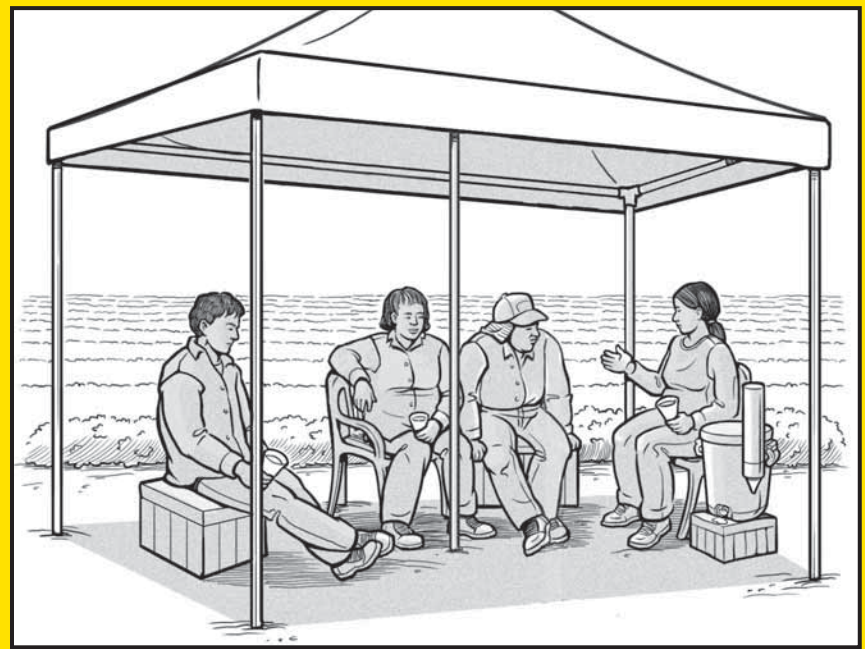


# Heat illness can be prevented!

## At our work site, we have:

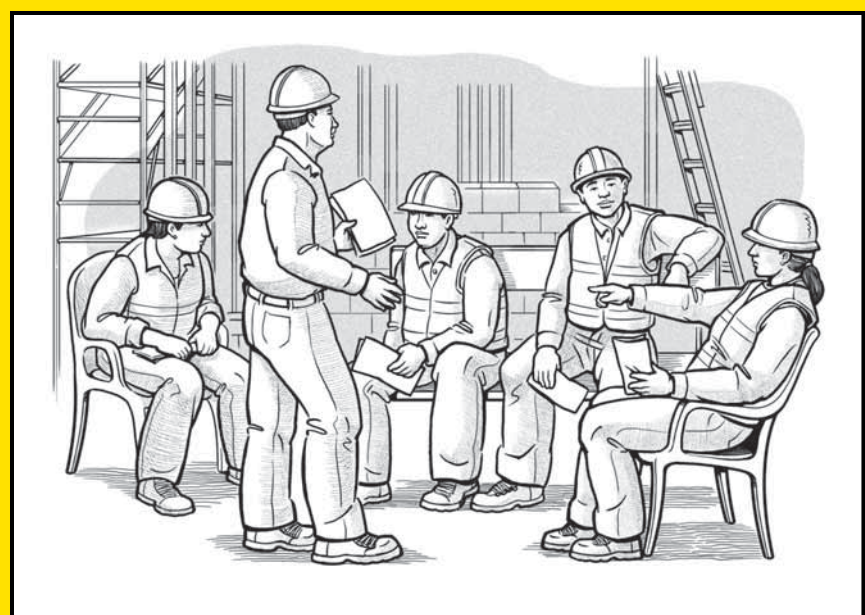


**Water**



**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**

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



Developed by  
CAL/OSHA

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