



**WATER.
REST.
SHADE.**

The work can't get done without them.



HEAT SAFETY

Two types of heat illness:

Heat Exhaustion



Dizziness



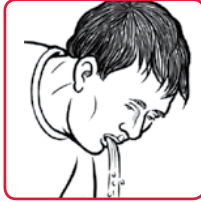
Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



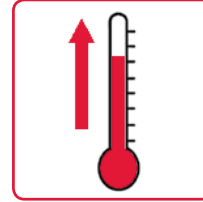
Cramps



Heat Stroke



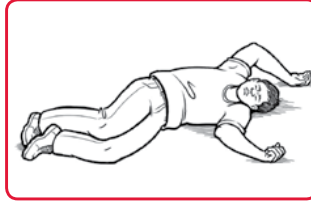
Red, hot, dry skin



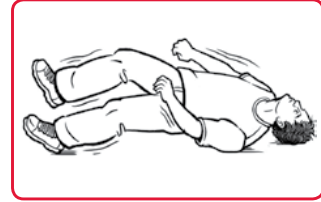
High temperature



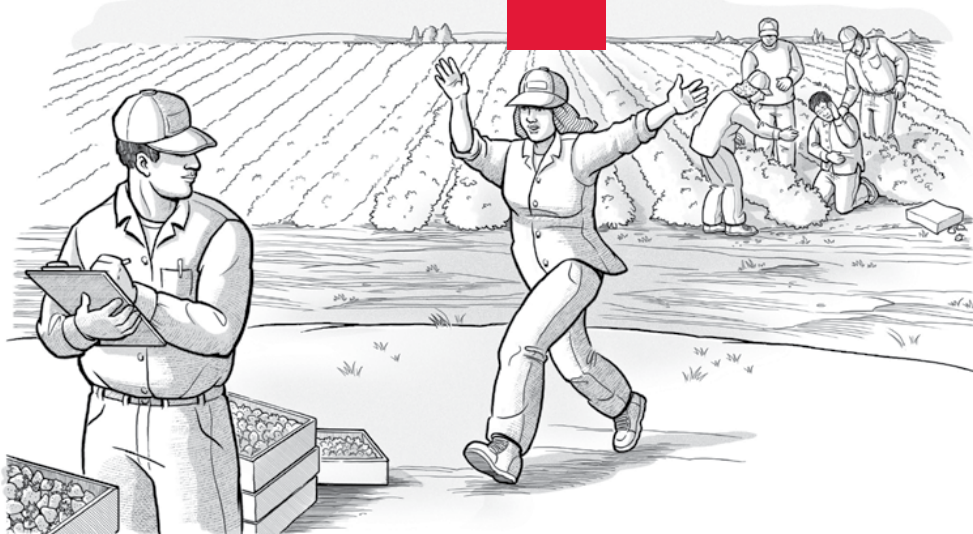
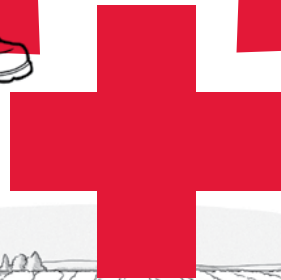
Confusion



Fainting



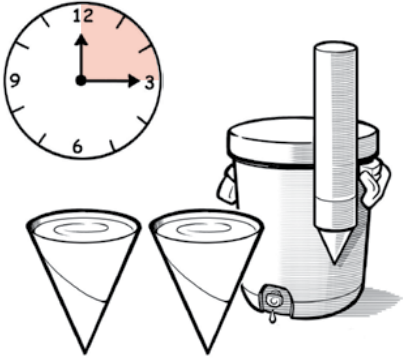
Convulsions



Heat kills – get help right away!

Stay safe and healthy!

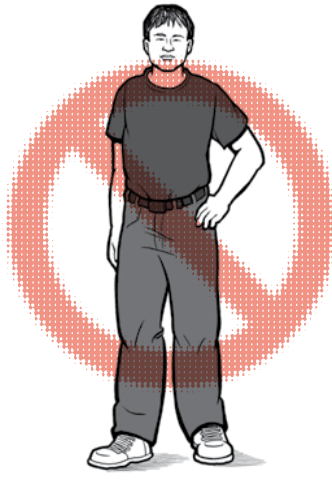
Drink water even if you aren't thirsty –
every 15 minutes



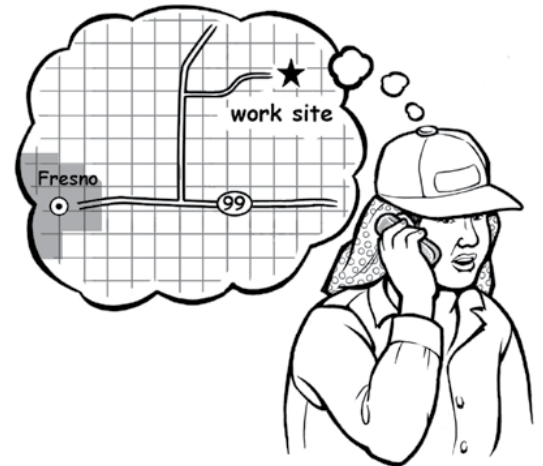
Watch out for each other



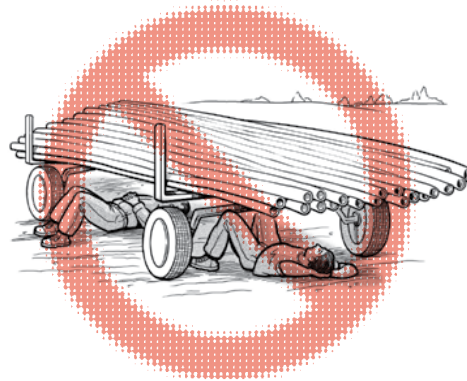
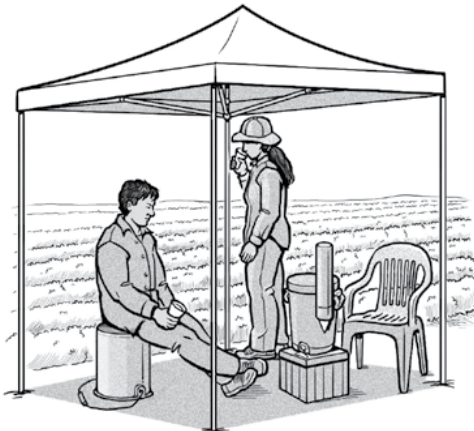
Wear a hat and light-colored clothing



Know where you are working
in case you need to call 911



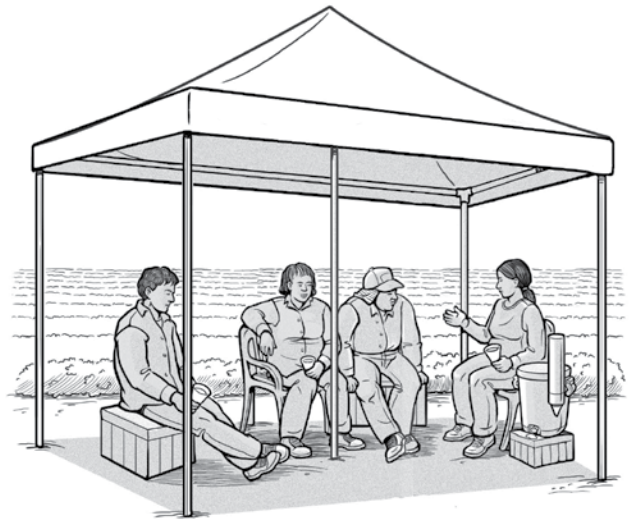
Rest in the shade



Heat illness can be prevented!



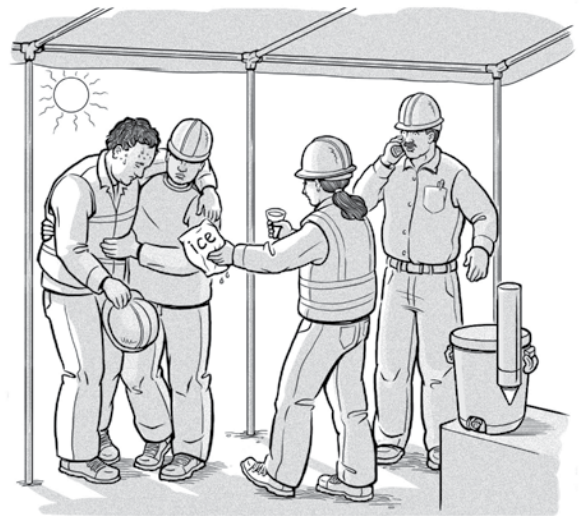
Water



Shade and Rest



Training



Emergency Plan



If you have questions, call
Oregon OSHA. We can help!

1-800-922-2689
osha.oregon.gov



Department of Consumer
and Business Services