

# HEAT ILLNESS

Ways to protect yourself and others. **Tips from Occupational Safety and Health Administration (OSHA).**



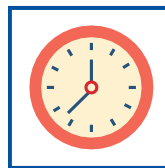
## Stay Hydrated

Drink cool water, 5 to 7 ounces, every 15 to 20 minutes.



## Dress for the Heat

Wear a hat, light-colored, loose-fitting, and breathable clothing.



## Take Rest Breaks

Recover from heat given the temperature and humidity.



## Work Together

Monitor yourself and others for signs of heat illness.



**Heat exposure can be dangerous**

OSHA  
osha.gov/heat

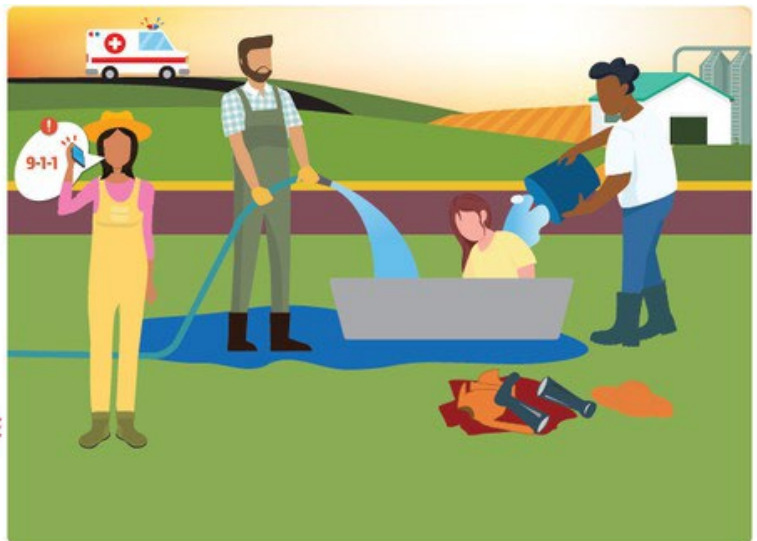
### Signs of a medical emergency!



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

### Take these actions

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



Curtsey: OSHA

**Prevent heat illness by remembering these simple steps:**

**WATER ● REST ● SHADE**



For more information, visit [osha.gov/heat](https://osha.gov/heat)



For additional resources or to contact DLS, visit: [mass.gov/info-details/safetyworks-resources](https://mass.gov/info-details/safetyworks-resources)