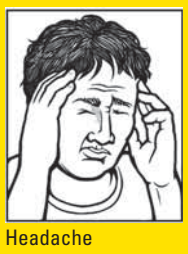
Health effects of heat

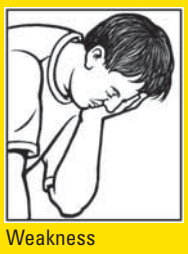
Two types of heat illness:

Heat Exhaustion

Dizziness

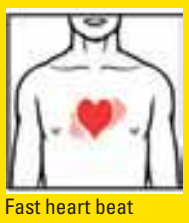

Headache

Sweaty skin


Weakness

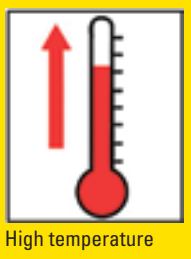
Cramps

Nausea, vomiting

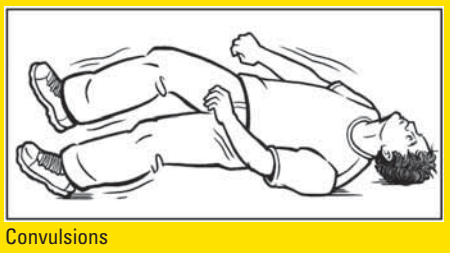

Fast heart beat

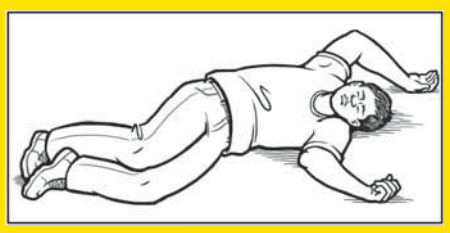
Heat Stroke

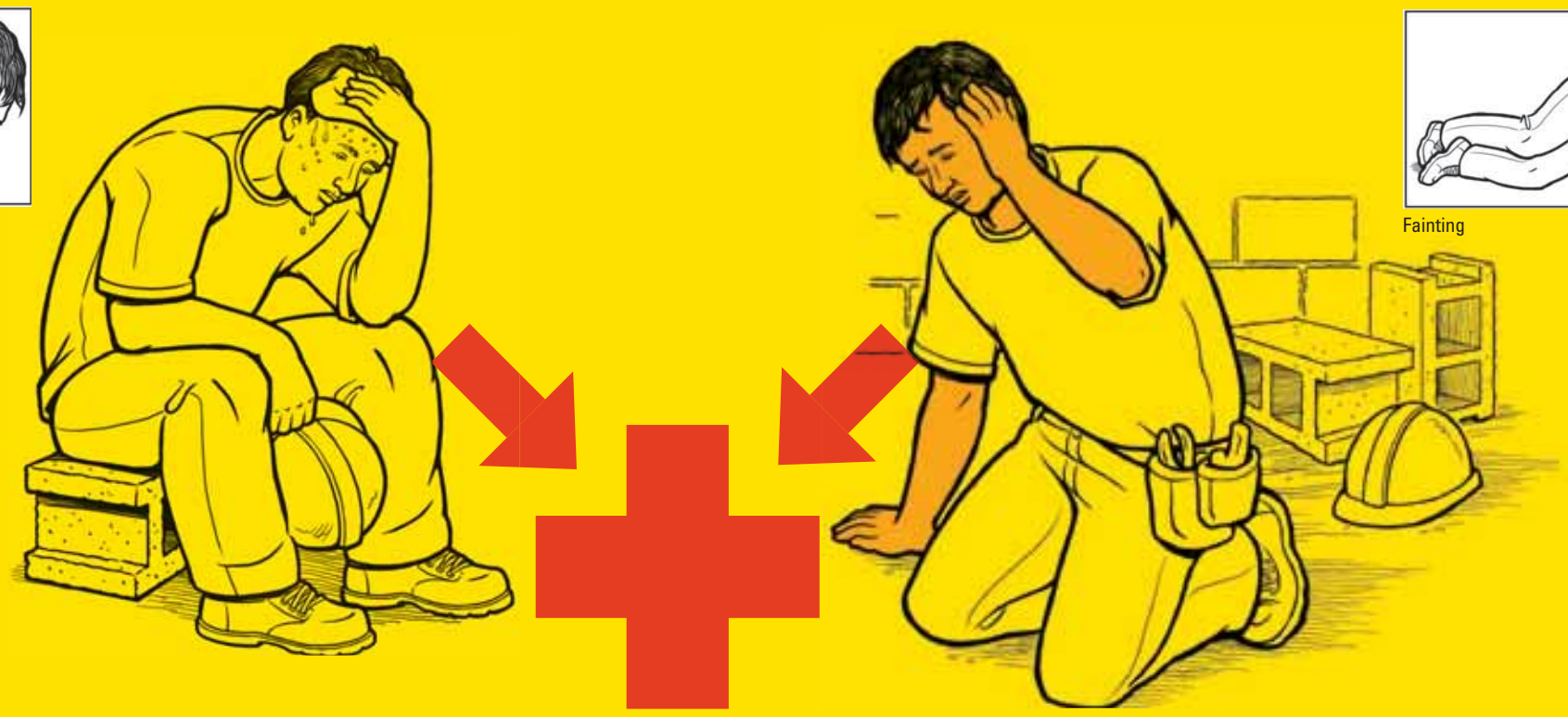
Red, hot, dry skin


High temperature

Confusion


Convulsions


Fainting

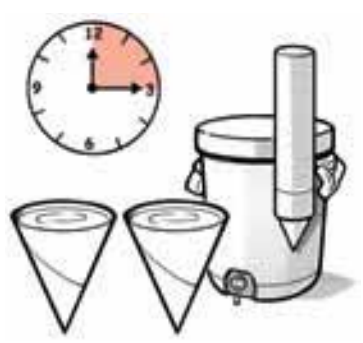


Watch out for early symptoms. You may need medical help.
People react differently — you may have just a few of these symptoms, or most of them.

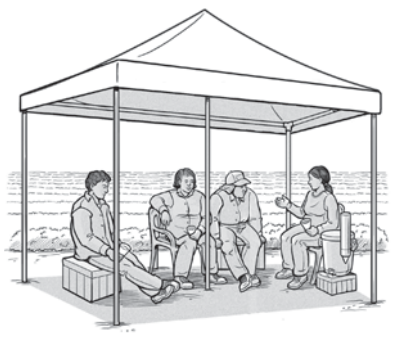
Stay safe and healthy!

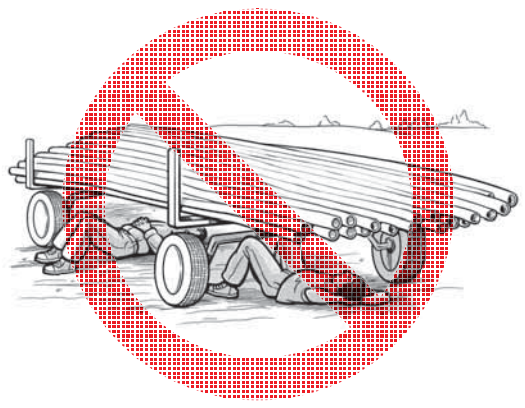
WATER. REST. SHADE. The work can't get done without them.

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



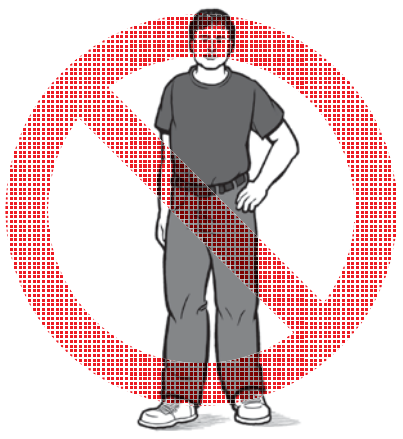
Rest in the shade.





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.

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.

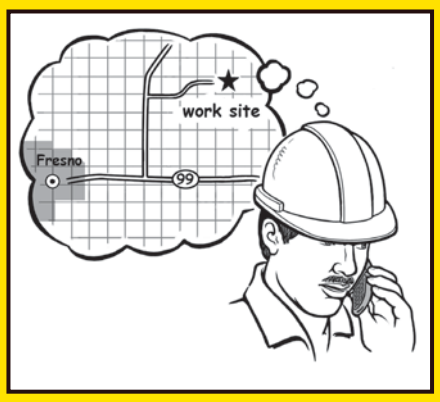
4) Little by little, give him water (as long as he is not vomiting).

5) Loosen his clothing.

6) Help cool him: fan him, put ice packs in groin and underarms, or soak his clothing with cool water.

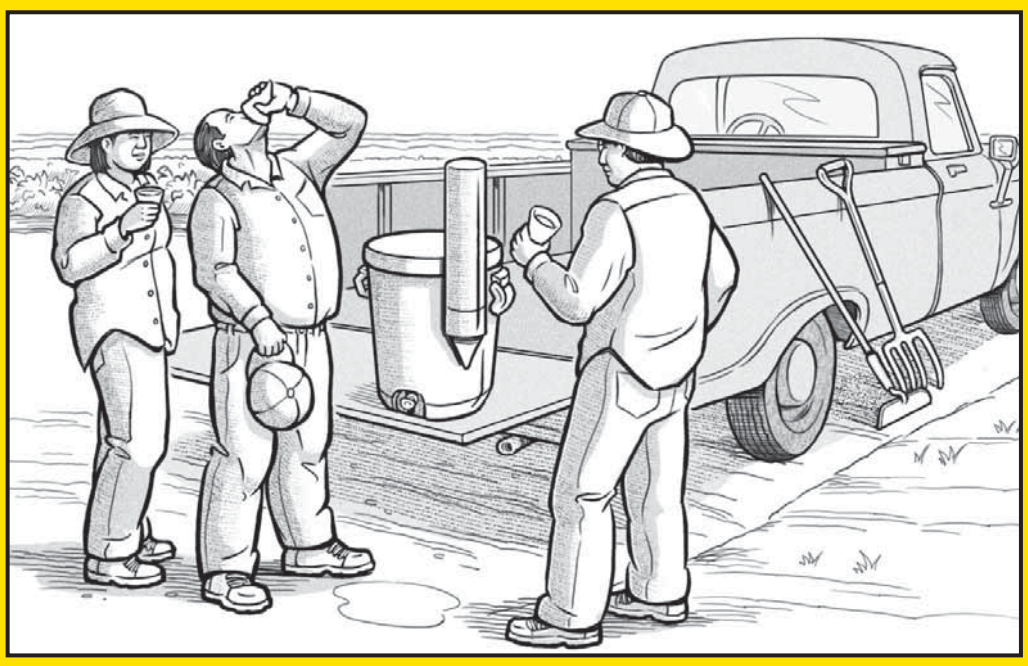
When you call for help, you need to:

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



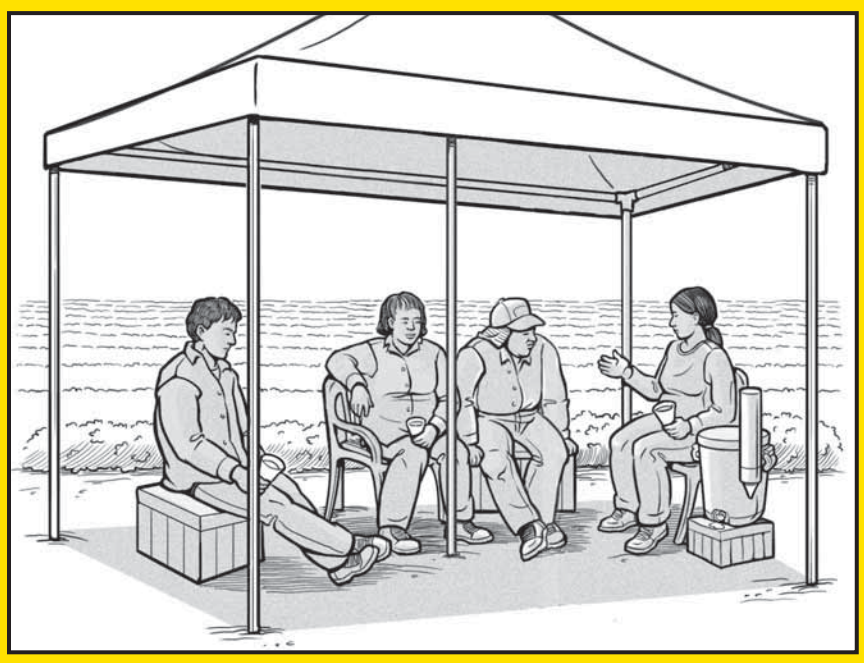
Heat illness can be prevented!

At our work site, we have:



Water

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.



Shade to rest and cool down

Training and emergency plan

OSHA® Occupational Safety and Health Administration
U.S. Department of Labor

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

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