

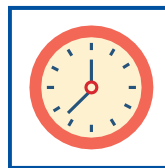
HEAT ILLNESS

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.



Take Rest Breaks

Recover from heat given the temperature and humidity.



Dress for the Heat

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



Work Together

Monitor yourself and others for signs of heat illness.



OSHA
osha.gov/heat

Heat exposure can be dangerous

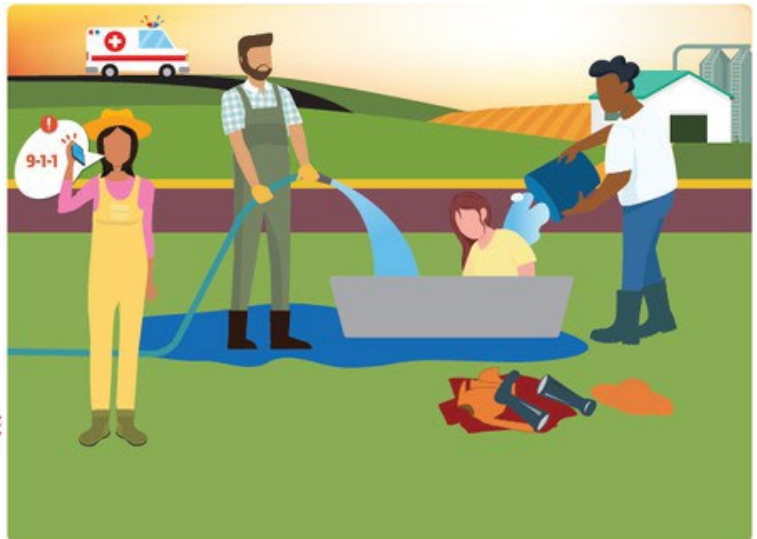


Signs of a medical emergency!

- 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://www.osha.gov/heat)



For additional resources or to contact DLS, visit: mass.gov/info-details/safetyworks-resources