

Stay safe while working outside this summer!

Last year in the U.S., more than 30 workers died and thousands were sickened due to heat exposure on the job, according to the Occupational Safety & Health Administration (OSHA).

It is possible to reduce the risk of heat-related illness when temperature and humidity levels rise this summer.

Three easy-to-remember steps are: **hydrate** with water, **cover** up with light-colored clothing and a hat, and **rest** regularly.

We encourage employers and workers to be vigilant and watch out for each other this summer. Take action if anyone is showing signs of a heat-related illness. Make sure you know the proper steps to take in case of an emergency.

Check out the tips below to learn more about the warning signs of heat-related illness and steps that employers and workers can take to beat the heat!



Warning Signs of Heat Illness

Signs of heat exhaustion

Cramps	Dizziness
Headache	Rapid heartbeat
Sweaty skin	Nausea
Vomiting	Weakness

Signs of heat stroke

Confusion	Red, hot, dry skin
Fainting	High temperature
Convulsions	Rapid, shallow breathing

Beat the heat!

Hydrate, cover, rest

- **Hydrate** with water even if you aren't thirsty, every 15 minutes.
- Watch out for each other.
- **Cover** up with light clothes and a hat.
- Know your location in case you have to call 9-1-1.
- **Rest** regularly in cool shaded areas.