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

A HEAT SAFETY FACT SHEET
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

Stay safe and healthy!
Heat illness can be prevented!
By law, your employer must have:

- Water
- Shade and Rest
- Training
- Emergency Plan

For more information, call the Heat Helpline:
1-877-99-CALOR (1-877-992-2567)
Your call is confidential!

www.99calor.org