



# WATER. REST. SHADE.

*The work can't get done without them.*



## A HEAT SAFETY FACT SHEET



# Two types of heat illness:

## Heat Exhaustion



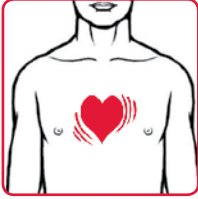
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



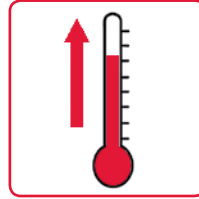
Cramps



## Heat Stroke



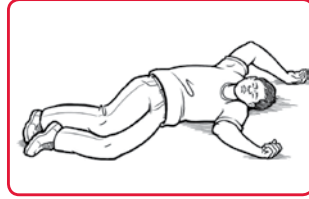
Red, hot, dry skin



High temperature



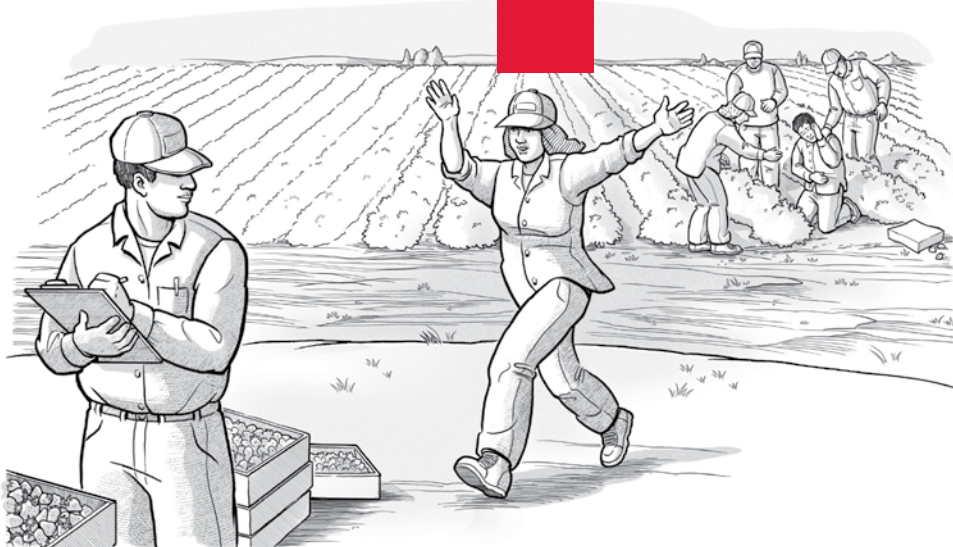
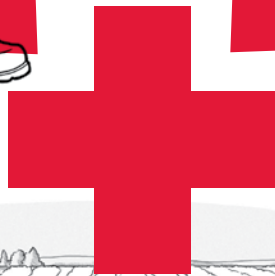
Confusion



Fainting



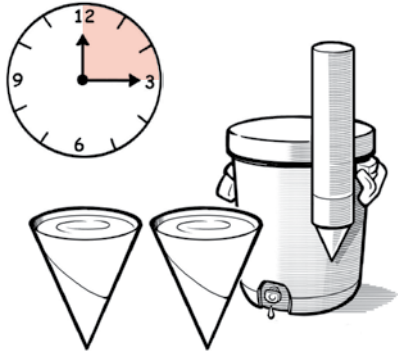
Convulsions



***Heat kills – get help right away!***

# Stay safe and healthy!

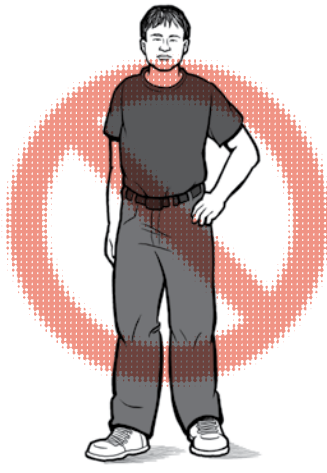
Drink water even if you aren't thirsty – every 15 minutes



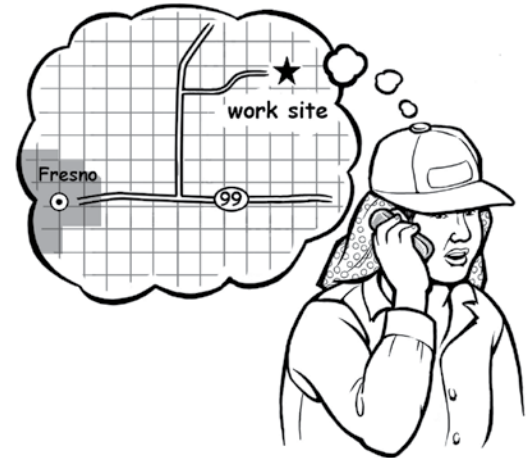
Watch out for each other



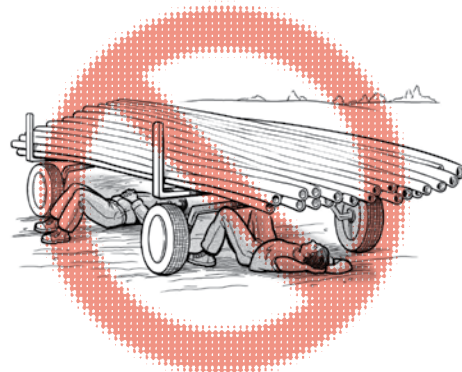
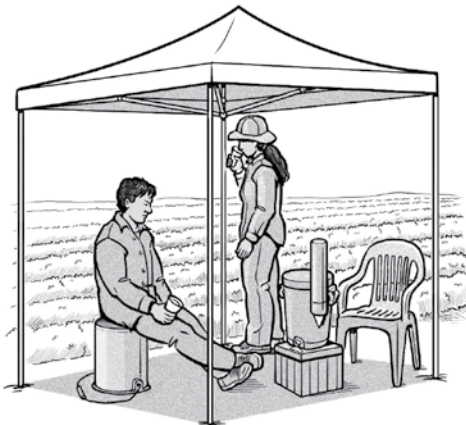
Wear a hat and light-colored clothing



Know where you are working in case you need to call 911



Rest in the shade

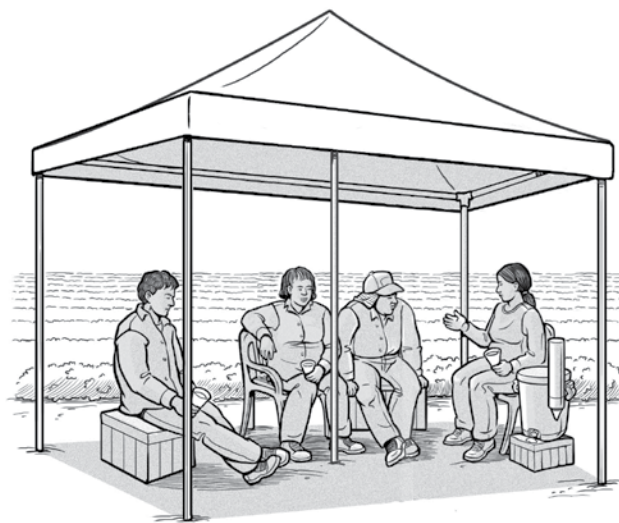




# Heat illness can be prevented!



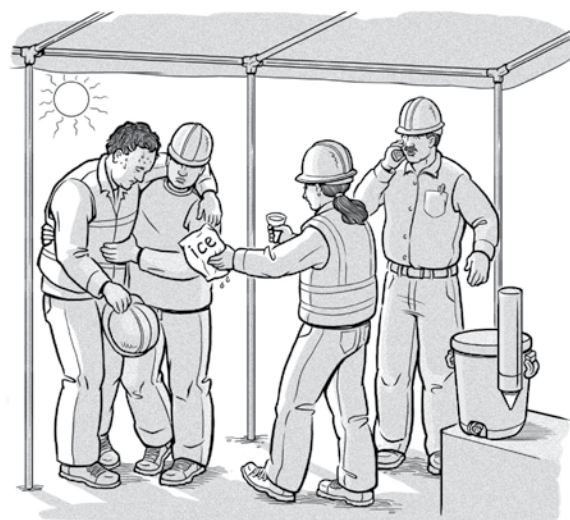
**Water**



**Shade and Rest**



**Training**



**Emergency Plan**



U.S. Department of Labor



**Occupational Safety and Health Administration**  
U.S. Department of Labor



Developed by  
CAL/OSHA

If you have questions, call OSHA.  
**It's confidential.** We can help!  
1-800-321-OSHA (6742)  
TTY 1-877-889-5627  
[www.osha.gov](http://www.osha.gov)







# AGUA. SOMBRA. DESCANSOS.

*Sin ellos no se puede trabajar.*



**UNA HOJA INFORMATIVA SOBRE EL CALOR**



# Los tipos de enfermedades por calor:

## Agotamiento



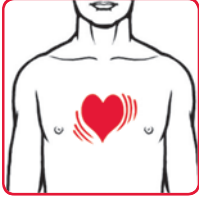
Mareos



Dolor de cabeza



Mucho sudor



Pulso rápido



Nauseas y vómitos



Debilidad



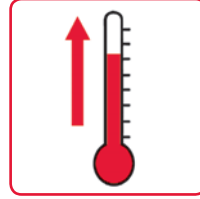
Calambres



## Insolación



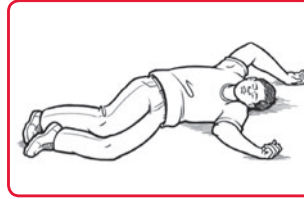
Piel colorada,  
caliente y seca



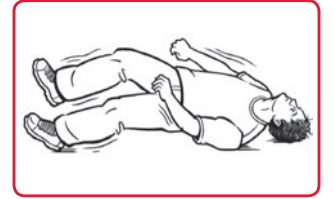
Temperatura alta



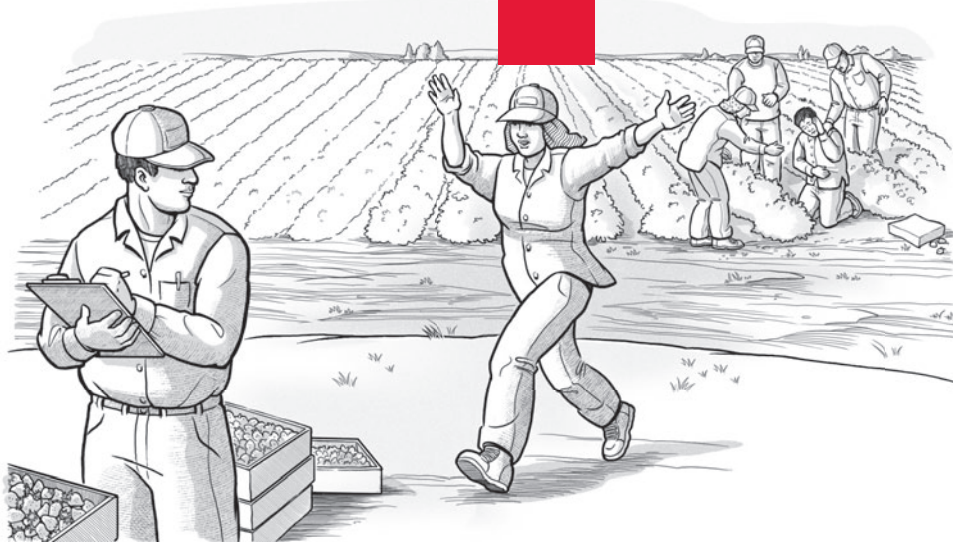
Desorientación



Desmayo



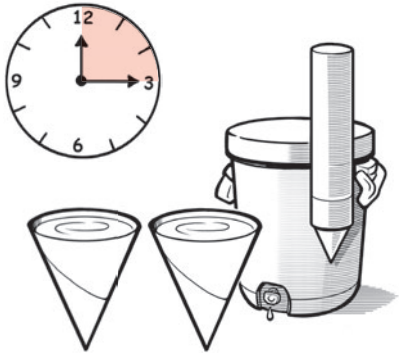
Convulsiones



***El calor mata – ¡Consiga ayuda de inmediato!***

# ¡Manténgase seguro y sano!

Tome agua aunque no tenga sed – *cada 15 minutos*



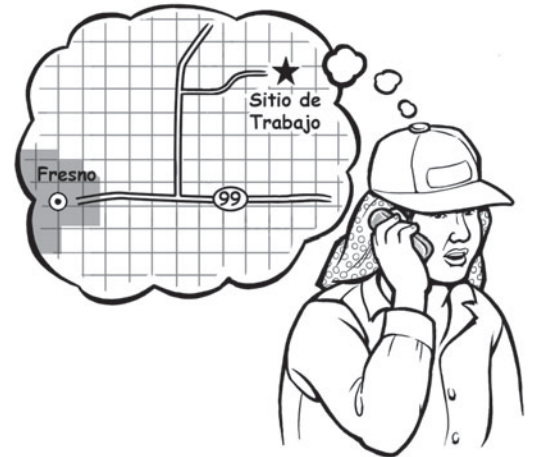
Esté pendiente de sus compañeros



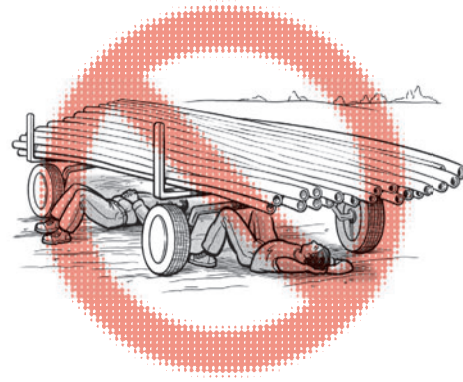
Use sombrero y ropa ligera de colores claros



Sepa dónde está trabajando por si necesita llamar al 911



Descanse en la sombra

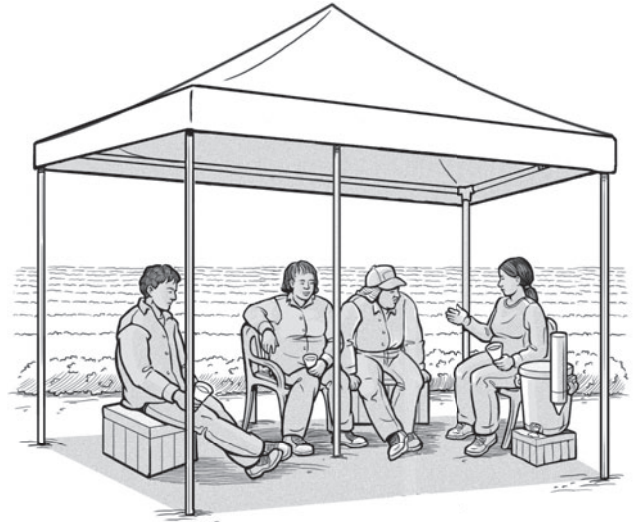




# ¡Se pueden prevenir las enfermedades por calor!



Agua



Sombra y descansos



Capacitación



Plan de emergencia



Departamento de Trabajo de los EE. UU.



Administración de Seguridad y Salud Ocupacional  
Departamento de Trabajo de los EE. UU.

Si usted tiene preguntas, llame a OSHA.  
Esta información es confidencial.  
¡Nosotros podemos ayudar!

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