



WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

Two types of heat illness:

Heat Exhaustion



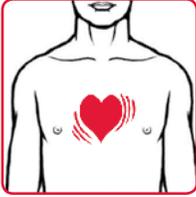
Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



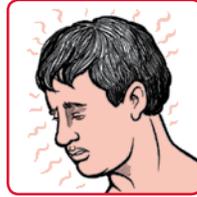
Weakness



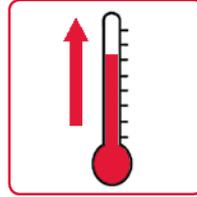
Cramps



Heat Stroke



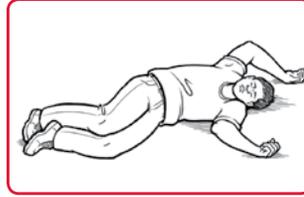
Red, hot, dry skin



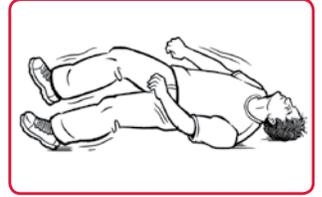
High temperature



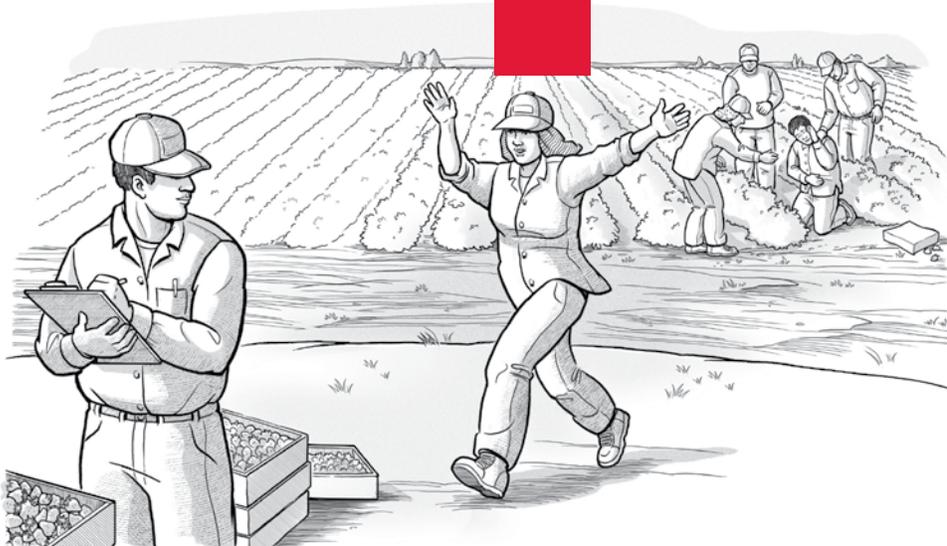
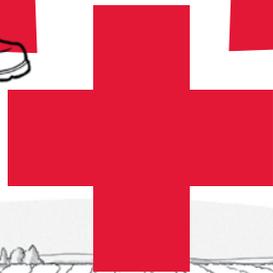
Confusion



Fainting



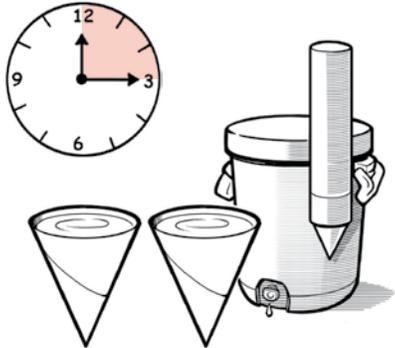
Convulsions



Heat kills – get help right away!

Stay safe and healthy!

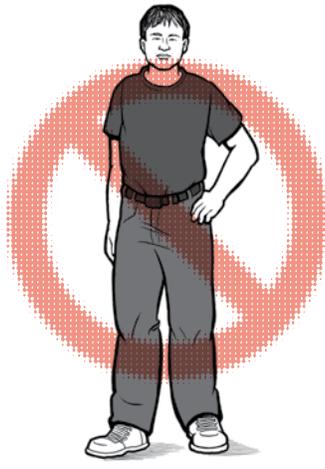
Drink water even if you aren't thirsty – every 15 minutes



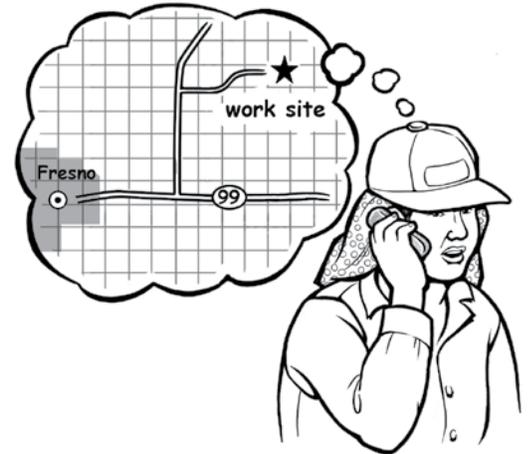
Watch out for each other



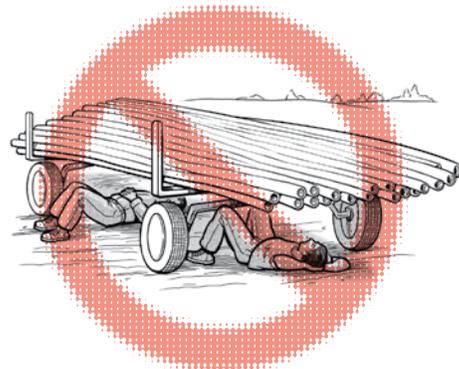
Wear a hat and light-colored clothing



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



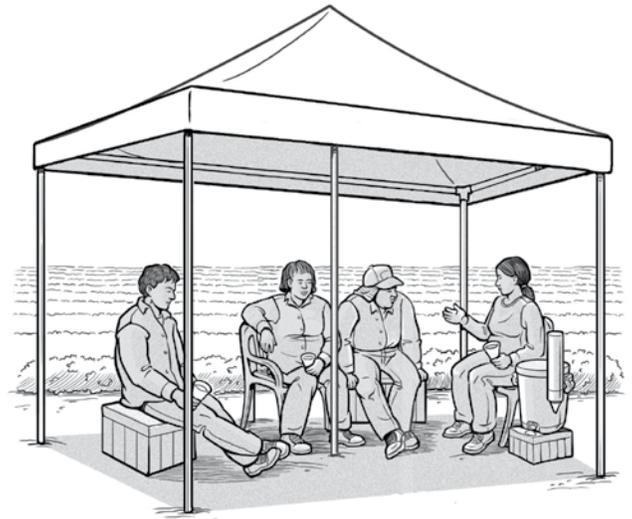
Rest in the shade



Heat illness can be prevented!



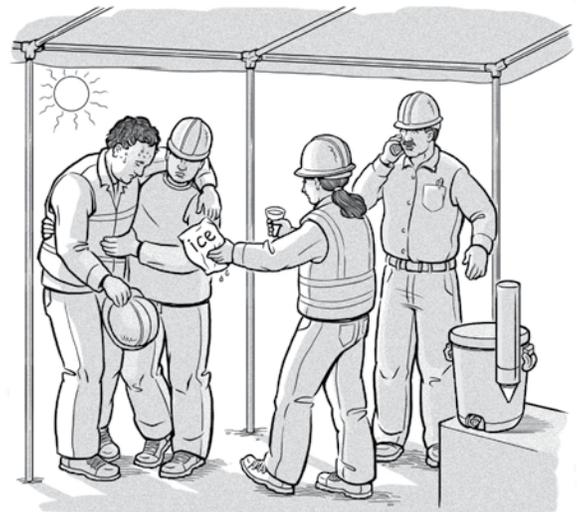
Water



Shade and Rest



Training



Emergency Plan



U.S. Department of Labor

OSHA[®] 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





AGUA. SOMBRA. DESCANSOS.

Sin ellos no se puede trabajar.



UNA HOJA INFORMATIVA SOBRE EL CALOR

Los tipos de enfermedades por calor:

Agotamiento



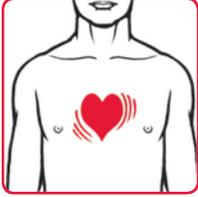
Mareos



Dolor de cabeza



Mucho sudor



Pulso rápido



Nauseas y vómitos



Debilidad



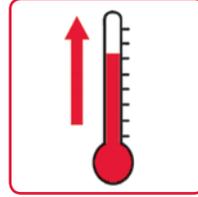
Calambres



Insolación



Piel colorada,
caliente y seca



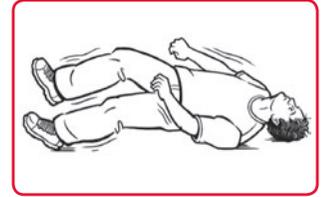
Temperatura alta



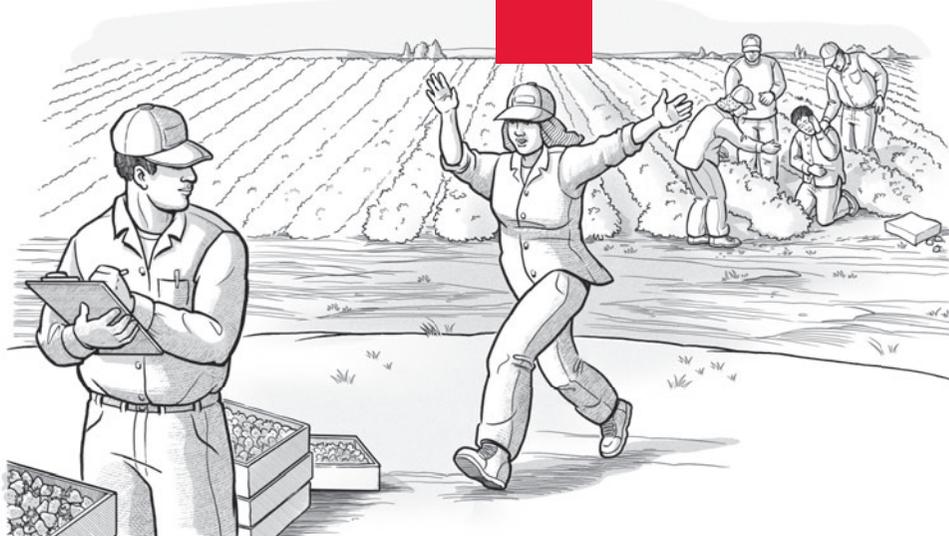
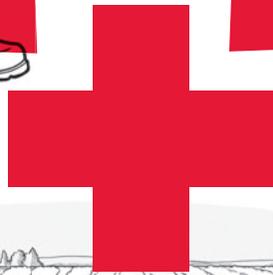
Desorientación



Desmayo



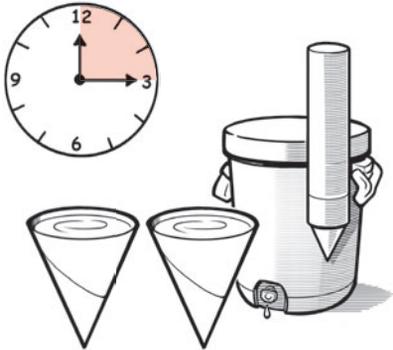
Convulsiones



El calor mata – ¡Consiga ayuda de inmediato!

¡Manténgase seguro y sano!

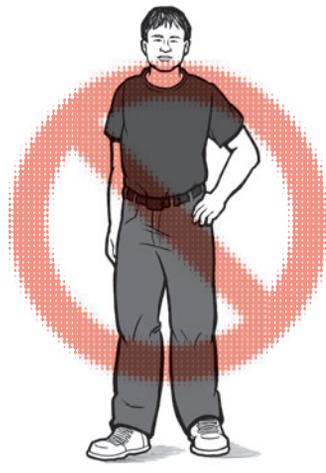
Tome agua aunque no tenga sed – *cada 15 minutos*



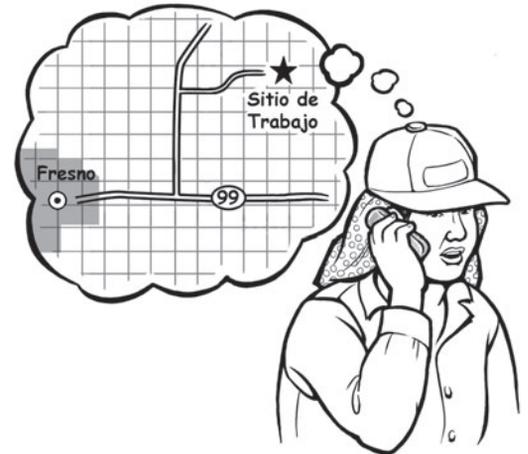
Esté pendiente de sus compañeros



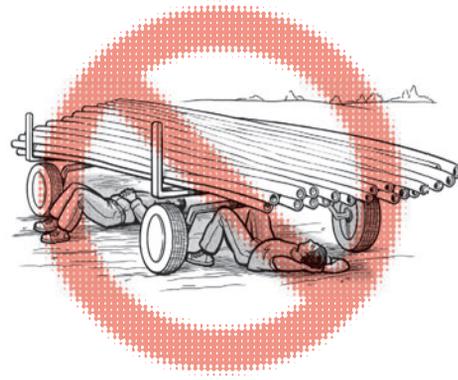
Use sombrero y ropa ligera de colores claros



Sepa dónde está trabajando por si necesita llamar al 911



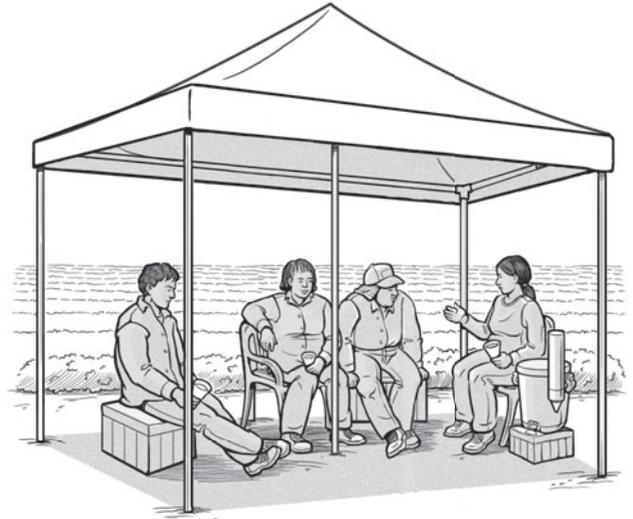
Descanse en la sombra



¡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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