

HEAT HURTS AND KILLS WORKERS

INDOORS *and* OUTDOORS



EARLY SIGNS OF HEAT STRESS



Dehydration
(Being thirsty)



Muscle cramps



Heat rash



Confusion

HEAT EXHAUSTION



Headache



Nausea



Dizziness



Weakness



Irritability



Heavy sweating



Decreased urine output

HEAT STROKE



Red, hot, dry skin



High body temperature



Confusion



Fainting



Convulsions

Heat illnesses get worse fast. Watch out and respond quickly to early signs of heat stress. Call 911 immediately if someone has symptoms of heat exhaustion or heat stroke. Employers are legally responsible to provide a safe workplace under OSHA's General Duty Clause. Work with your co-workers to report dangerous heat and demand safe conditions. If your employer refuses to provide a safe workplace or threatens with retaliation you can file a complain with OSHA online, email, or by calling 800-321-6742 (OSHA).



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