



OSHA ALERT

Working Safely in Hot Weather

Workers performing activities in high temperatures and humid conditions are at risk for heat-related illness. Symptoms of heat-related illness include fainting, dizziness, nausea, and muscle spasms. Keep workers safe by following these simple safety practices.

- Provide **water, frequent rest breaks, and shade**.
- Allow time to **build a tolerance** for working in the heat.
- Offer **training** on the hazards of heat exposure and how to prevent illness.
- Develop an **emergency action plan** on what to do if a worker shows signs of heat-related illness.



Watch OSHA's Heat Illness Prevention Campaign Video

[English](#) • [Spanish](#)

OSHA has tools to help develop and maintain safe and healthful workplaces during the summer months. For more information, visit OSHA's [Water. Rest. Shade.](#) and [Occupational Heat Exposure](#) pages.

OSHA's [On-Site Consultation Program](#) provides no-cost and confidential occupational safety and health compliance assistance to small- and medium-sized businesses. Consultation services are separate from enforcement and do not result in penalties or citations. The [OSHA Training Institute Education Centers](#) offer courses for workers, employers, and managers on hazard recognition and abatement at convenient locations nationwide.

OSHA alerts are issued on occasion to draw attention to worker safety and health issues and solutions.