Developed by Cal/OSHA

Let’s make heat safety part of the job. If you have questions, call OSHA. It’s confidential. We can help!

STOPPING FOR WATER KEEPS YOU GOING.

WATER. REST. SHADE.

The work can’t get done without them.

HEAT ILLNESS CAN BE DEADLY.

Remember to:
• Drink water often, even if you aren’t thirsty.
• Rest in the shade to cool down.
• Report heat symptoms early.
• Know what to do in an emergency.

Let’s make heat safety part of the job. If you have questions, call OSHA. It’s confidential. We can help!