The following are signs of a medical emergency!

- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

**First Aid for Heat Illness**

1. **CALL 911 IMMEDIATELY**
2. **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**
3. **STAY WITH THE WORKER UNTIL HELP ARRIVES**

**Ways to Protect Yourself and Others**

- **Drink Cool Water**
  - Drink cool water even if you aren’t thirsty — at least 1 cup every 20 minutes.

- **Take Rest Breaks**
  - Take enough time to recover from heat given the temperature, humidity, and conditions.

- **Find Shade or a Cool Area**
  - Take breaks in a designated shady or cool location.

- **Dress for the Heat**
  - Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.

- **Watch Out for Each Other**
  - Monitor yourself and others for signs of heat illness.

- **If Wearing a Face Covering**
  - Change your face covering if it gets wet or soiled. Verbally check on others frequently.

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.

For more information:
1-800-321-OSHA (6742)
TTY 1-877-889-5627
www.osha.gov/heat