



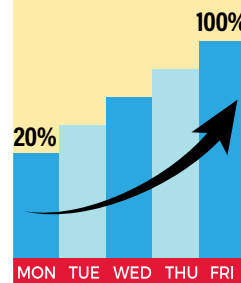
Prevent Heat Illness at Work

Outdoor and **indoor** heat exposure can be dangerous.



Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New** and **returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



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.

First Aid for Heat Illness

The following are signs of a medical emergency!



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

1

» **CALL 911 IMMEDIATELY**

2

» **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

3

» **STAY WITH THE WORKER UNTIL HELP ARRIVES**



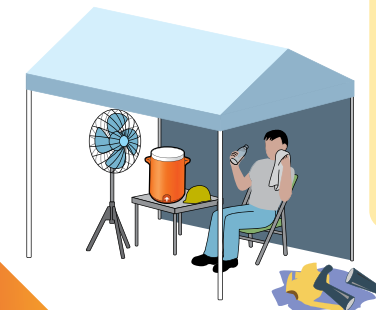
Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output

Take these actions:

- » Give cool water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care



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

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.



預防工作時暑熱的疾病。

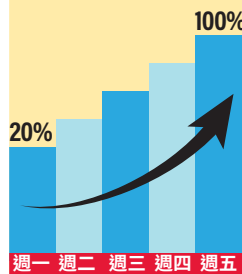
戶外與室內高溫暴露都可能很危險。



OSHA®
職業安全
和
健康管理

自我保護與保護他人的方法

舒緩的進入工作狀態。開工的第一個禮拜就會有將近四分之三的死亡是因暑熱疾病所導致。



- ✓ 新聘員工和返崗職員需要建立耐熱性(適應環境)並勤密的小休。
- ✓ 應遵循20%原則。工作的第一天,高溫天氣竭力勞動不超過班時數的百分之20。然後照一天不超過20%的竭力勞動時長狀況直到僱員們適應高溫天氣勞動。



清涼飲用水

即便您不覺得到口渴,也請飲用清涼的水,至少每20分鐘一杯。



採取休憩

根據氣溫、濕度和環境情況,確保用充沛的時間達到降溫效果。



尋找有遮蔽和陰涼的地方

在指定的有遮蔽和陰涼處的地方休息。



防暑衣著

戴好帽子,盡可能穿著淺色、鬆身以及通爽的衣服。



同事間互相關注

監測您自己和他人暑熱的疾病症狀。



戴面罩時,

如果面罩變濕或弄髒,請及時更換。經常互相口頭詢問狀況。

暑熱疾病急救

緊急就醫症狀如下!



- 思維或行為失常
- 口齒不清
- 癲癇
- 喪失意識

1

» 立即致電911

2

» 在動脈位置放置冰袋進行降溫(頸兩側、腋下、大腿近骨盆的位置、後腳踝)

3

» 陪伴在工人身邊直到救護人員到達



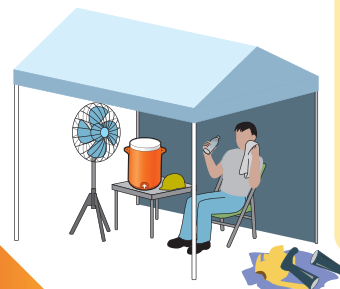
注意觀察任何其他的暑熱疾病症狀並迅速採取行動。有疑問時請致電911。

如果工人出現以下徵狀:

頭痛或惡心
虛弱或眩暈
暴汗,皮表溫感熱及乾燥
體溫異常高
口渴
排尿量減少

請採取以下措施:

- » 讓工人飲用含有鹽分的涼水
- » 脫下不必要的衣物
- » 移到涼爽的区域
- » 利用水、冰塊或風扇降溫
- » 不要獨自離開患者
- » 尋求醫療幫助



更多資訊:

1-800-321-OSHA (6742)
啞盲專線 1-877-889-5627
www.osha.gov/heat

聯邦法律賦予您安全工作場所的權利。您有權聲明職場相關安全與健康的危害風險所在而不必擔心受到報復。請查閱職業安全與健康管理局(OSHA)的網站 www.osha.gov/workers 有關如何向 OSHA 提出保密投訴並請求檢查的相關資訊。