

**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.

**100% ✓ New and returning workers need to build tolerance to heat (acclimate) 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

**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

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

**For more information:**  
**1-800-321-OSHA (6742)**  
**TTY 1-877-889-5627**  
[www.osha.gov/heat](http://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](http://www.osha.gov/workers) for information about how to file a confidential complaint with OSHA and ask for an inspection.

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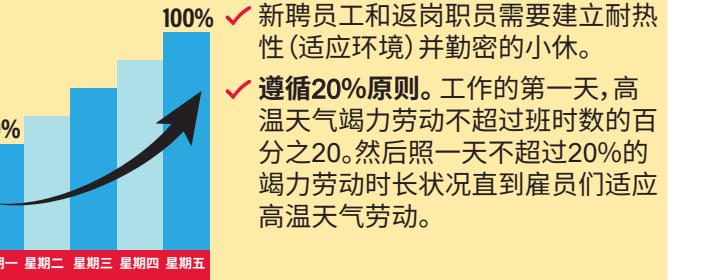
## 预防工作时暑热 的疾病。

户外与室内高温暴露都  
可能很危险。



## 自我保护与保护他人的方法

**舒缓的进入工作状态。**开工的第一个礼拜就会有将近四分之三的死亡因暑热疾病所导致。



### 清凉饮用水

即便不觉得口渴也要饮用凉水,至少每20分钟一杯。

### 采取休憩

根据气温、湿度和环境情况,确保用充沛的时间达到降温效果。

### 寻找阴凉处

在指定的有遮蔽和阴凉处的位置进行休息。

### 防暑衣着

戴上帽子和尽可能穿着浅色、松身以及通爽的衣物和透气的服装。

### 大家互相关注

监测自己和他人的暑热的疾病症状。

### 如果戴了面罩,

一旦面罩变湿或弄脏,请及时更换。经常互相口头询问。



## 暑热疾病急救

紧急就医症状如下!



- 思维或行为失常
- 口齿不清
- 癫痫
- 丧失意识

**1** » 立即致电911

**2** » 在动脉位置放置冰袋进行降温(颈两侧、腋下、大腿近骨盆的位置、后脚踝)

**3** » 在旁陪护,直到医护人员到达



注意观察暑热疾病的其他症状,并及时采  
取行动。有疑问时,请致电911。

如果工人出现以下症状:

头痛或恶心  
虚弱或眩晕  
大量出汗,或皮表温感热及干  
燥温度高,干燥  
体温异常高  
口渴  
排尿量减少



应采取以下措施:

» 给工人饮用含有盐分的凉水  
» 除去不必要的衣物  
» 移动到更凉爽的区域  
» 用水、冰块或风扇降温  
» 不要离开患者不管  
» 安排就医

### 更多信息:

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哑盲热线 1-877-889-5627

[www.osha.gov/heat](http://www.osha.gov/heat)

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声明职场相关安全与健康危害所在,而不用  
担心被报复。请查阅职业安全与健康管理局  
(OSHA)的网站 [www.osha.gov/workers](http://www.osha.gov/workers) 有关如  
何向 OSHA 提出保密投诉并要求检查的信息。