



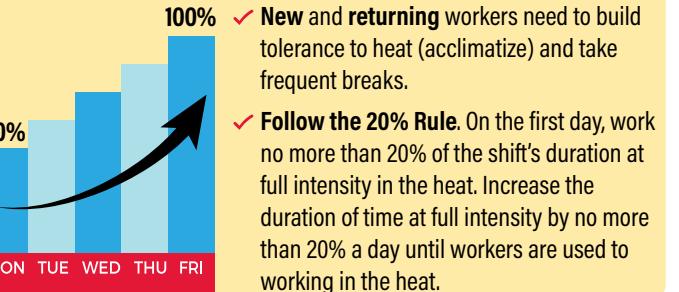
Prevent Heat Illness at Work

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.



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



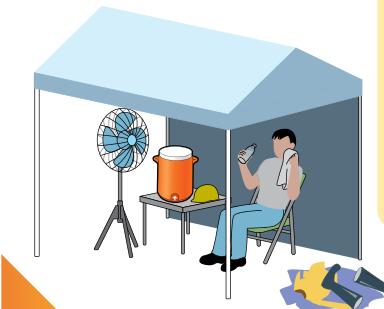
Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

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.



Administrasyon
pou Sekirite ak
Sante nan Travay

Prevni Maladi Chalè Pwovoke nan Kad Travay

Ekspozisyon ak chalè kit **anndan** kit
deyò ka reprezante yon danje.



Fason pou w Pwoteje Tèt Ou ak Lòt Moun

Fasilitè nan Kad Travay. Anviwon 3 moun sou 4 nan moun ki mouri nan maladi chalè rive pandan premye semèn travay yo.

- 100% ✓ Nouvo travayè ak travayè ki retounen yo bezwen pou yo vin aprann tolere chalè a (adaptasyon) epi pran poz souvan.
- ✓ **Suiv Règ 20% an.** Pandan premye jou a, pa travay pou plis pase 20% nan lè travay ou a ak tout entansite nan chalè a. Pa ogmante kantite tan ak tout entansite ak plis pase 20% pa jou jiskaske travayè a vin abitye ak travay nan chalè.

Bwè Dlo Fre

Bwè dlo fre menm lè ou pa swaf — omwen 1 vè chak 20 minit.

Pran Poz

Pran ase tan pou w ka reprann kò w pa rapò ak chalè a an fonksyon de tanperati a, imidite a ak kondisyon yo.

Jwenn yon Kote ki Gen Lonbray oswa ki Fre

Pran poz yon kote ki gen lonbray oswa ki fre yo mete pou sa.

Abiye an Fonksyon de Chalè a

Mete chapo ak rad ki gen koulè klè, ki lach epi ki kite van pase si posib.

Veye Youn sou Lòt

Siveye tèt ou ak lòt moun yo pou si gen siy maladi chalè.

Si w gen yon bagay ki kouvri vizaj ou

Chanje bagay ki kouvri vizaj ou a si l mouye oswa sal. Mande lòt moun yo kòman yo ye souvan.

Premye Èd pou Maladi Chalè

Sa nou pral site la yo se siy ijans medikal!



- Panse ak Konpòtman anòmal
- Twoub lapawòl
- Kriz
- Pèt konesans

1

» **RELE 911 IMEDYATMAN**

2

» **REFWADI TRAVAYÈ A IMEDYATMAN AK DLO OSWA GLAS**

3

» **RETE AK TRAVAYÈ A JISKASKE ÈD RIVE**



Siveye lòt siy maladi chalè epi aji imedyatman. Lè w an dout rele 911.

Si yon travayè genyen:

Tèt fè mal oswa vomisman
Feblès oswa vètij
Transpirasyon abondan, po cho oswa sèk
Tanperati kò ki wo
Swaf
Kantite pipi ou konn pise ki diminye

Fè aksyon sa yo:

- » Ba l dlo ki fre pou l bwè
- » Retire rad ki pa nesesè yo
- » Mete l yon kote ki pi fre
- » Refwadi l ak dlo, glas oswa yon vantilatè
- » Pa kite l poukont li
- » Chache swen medikal



Pou plis enfòmasyon:

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TTY 1-877-889-5627

www.osha.gov/heat

Lalwa federal ba w dwa ak yon kote pou w travay ki san danje. Ou gen dwa pou w pale de danje yo san w pa pè Gade www.osha.gov/workers pou plis enfòmasyon sou kòman pou w depoze yon plent konfidansyèl nan OSHA epi mande yon demann enspekshyon.