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
4. If a worker experiences:
   - Headache or nausea
   - Weakness or dizziness
   - Heavy sweating or hot, dry skin
   - Elevated body temperature
   - Thirst
   - Decreased urine output

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

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
কার্যক্ষেত্র গার্মিনাত হুনস্কনে বিমারিকা রোক্তায় বাংলা ও ইংরেজি লেখার নির্দেশনাটি