The following are signs of a medical emergency!

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

Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.

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

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.