

# BEAT THE HEAT



@WORK

## Working in the Heat

*Tips, Tricks, & Things to Look For*



### **Stay Hydrated**

*Drink water throughout the day to avoid dehydration, even if you think you aren't thirsty.*

### **Take It Easy**

*Working in the heat takes a bit of an adjustment period. Don't be afraid to take it easy the first few days.*

### **Learn the Signs**

*Take the time to learn the signs of heat illnesses to monitor yourself, as well as the steps to take in an emergency.*

### **Watch Your Coworkers**

*Don't forget to pay attention to any signs of heat illness in your coworkers to prevent emergencies.*

## **Heat-Related Illness**

### ***The Dangers & the Signs***

*Working in high temperatures, especially when the humidity is also high, puts you at risk of heat stroke and heat exhaustion. Though heat-related illness can be deadly, it's also preventable. View a few tips for prevention on the left, and visit OSHA online for more! However, even if you take preventative measures, it's important to know the signs of heat illness. Here are a few: weakness, dizziness, headaches, muscle cramps, nausea, and confusion.*

## **Know Your Rights**

### ***Your Employer's Responsibility***

*While OSHA does not have specific legal requirements regarding working in the heat, employers are legally responsible for providing protection to employees to prevent heat-related illness. Employers are encouraged to implement safety tactics like providing employees water and shade, developing an emergency plan, allowing employees to adjust to working in the heat, watching for signs of heat illness among employees, etc.*