

# BEAT THE HEAT!

Prevent Heat-Related Illness  
Among Outdoor Workers



## WHO IS AT RISK?

Anyone who works outside for long periods of time  
in jobs like:

- Agriculture
- Construction
- Landscaping
- Delivery services
- Sanitation

## STAY ALERT! KNOW THE SIGNS & SYMPTOMS

### Heat Exhaustion

- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

### Heat Stroke

- High body temperature
- Hot, red, dry or damp skin
- Fast, strong pulse
- Throbbing headache
- Dizziness/Nausea
- Confusion
- Seizures
- Unconsciousness

## KNOW WHAT TO DO

### Heat Exhaustion

- Move to a cool place
- Loosen clothes
- Put cool, wet cloths on or take cool bath
- Sip water
- If throwing up, symptoms worsen or last longer than an hour, get medical help!

### Heat Stroke

- Call 911 right away!
- Move person to a cooler place
- Help lower body temperature with cool cloths or a cool bath
- Do not give person anything to drink

## PROTECT YOURSELF IN THE HEAT

- Drink water frequently. Don't wait to be thirsty. Avoid energy drinks and alcohol.
- Wear a hat and light-colored, loose-fitting, breathable clothing such as cotton.
- Use umbrellas, pop-up tents, and trees for shade.
- Ease into work as temperatures increase.
- Take breaks in the shade or in cool areas. Take more breaks during heavy work and in high heat and humidity.
- Schedule heavier work during the cooler parts of the day, if possible.



## YOU HAVE A RIGHT TO A SAFE WORKPLACE!

Employers are responsible for protecting workers from heat illness and are required to:

- Provide water, rest, and shade to workers.
- Allow new or returning workers to gradually increase workload and take more breaks during the first week to adjust to working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

### OSHA National Emphasis Program on Heat:

[osha.gov/sites/default/files/enforcement/directives/CPL\\_03-00-024.pdf](https://www.osha.gov/sites/default/files/enforcement/directives/CPL_03-00-024.pdf)

- **CDC Warning Signs and Symptoms of Heat-Related Illness:** [cdc.gov/extreme-heat/signs-symptoms](https://www.cdc.gov/extreme-heat/signs-symptoms)
- **NIOSH Heat Stress Alerts:** [cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf](https://www.cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf)
- **OSHA Prevent Heat Illness at Work:** [osha.gov/sites/default/files/publications/3431\\_wksiteposter\\_en.pdf](https://www.osha.gov/sites/default/files/publications/3431_wksiteposter_en.pdf)
- **OSHA Hazard Alert: Extreme Heat Can Be Deadly to Workers:** [osha.gov/sites/default/files/publications/OSHA\\_HA-4279.pdf](https://www.osha.gov/sites/default/files/publications/OSHA_HA-4279.pdf)
- **OSHA Working in Outdoor and Indoor Heat Environments:** [osha.gov/heat-exposure](https://www.osha.gov/heat-exposure)
- **NIOSH Workplace Safety & Health Topics - Heat Stress:** [cdc.gov/niosh/topics/heatstress/default.html](https://www.cdc.gov/niosh/topics/heatstress/default.html)
- **CDC Protecting Vulnerable Groups from Extreme Heat:** [cdc.gov/extreme-heat/risk-factors/heat-and-outdoor-workers.html](https://www.cdc.gov/extreme-heat/risk-factors/heat-and-outdoor-workers.html)