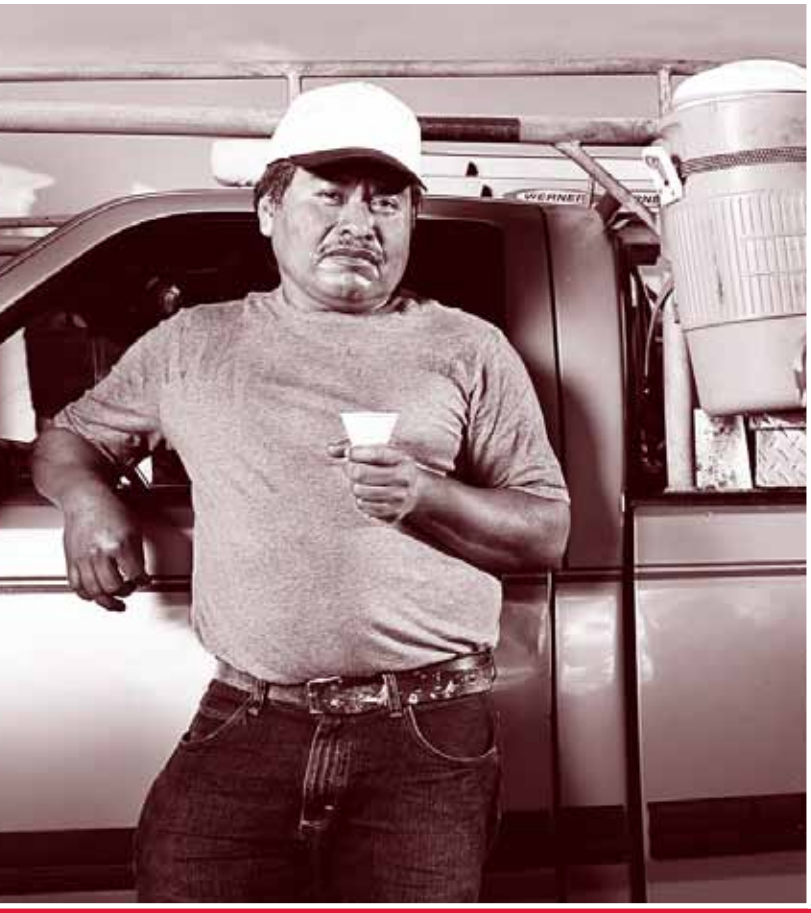
WATER. REST. SHADE.

The work can't get done without them.



A HEAT SAFETY FACT SHEET

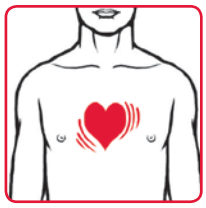
Two types of heat illness:

Heat Exhaustion

Dizziness

Headache

Sweaty skin


Fast heart beat

Nausea, vomiting

Weakness

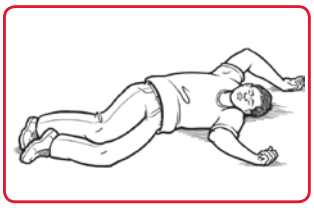
Cramps

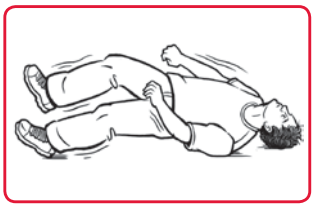
Heat Stroke

Red, hot, dry skin

High temperature

Confusion

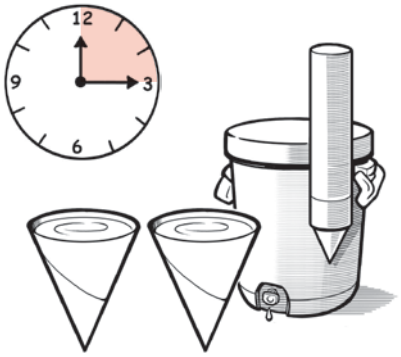

Fainting


Convulsions

Heat kills – get help right away!

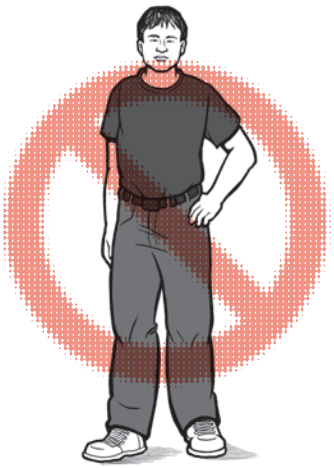
Stay safe and healthy!

Drink water even if you aren't thirsty – *every 15 minutes*

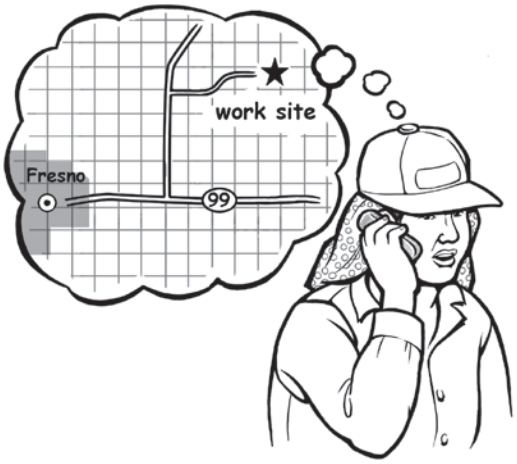


Watch out for each other

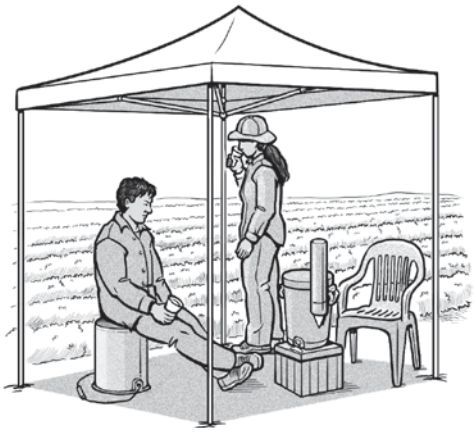
Wear a hat and light-colored clothing

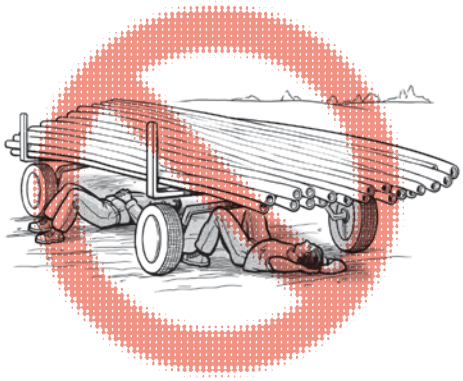


Know where you are working in case you need to call 911



Rest in the shade

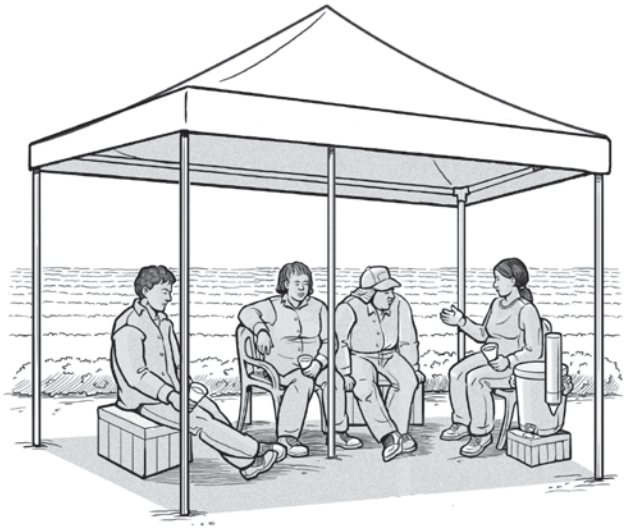




Heat illness can be prevented!

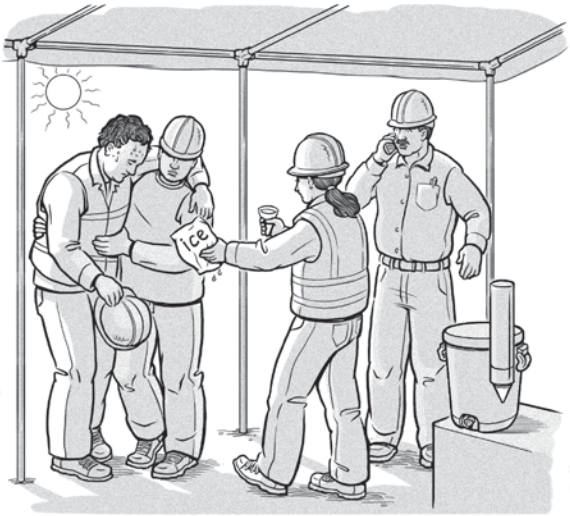
By law, your employer must have:

☑ Water



☑ Shade and Rest

☑ Training



☑ Emergency Plan

For more information, call the Heat Helpline:

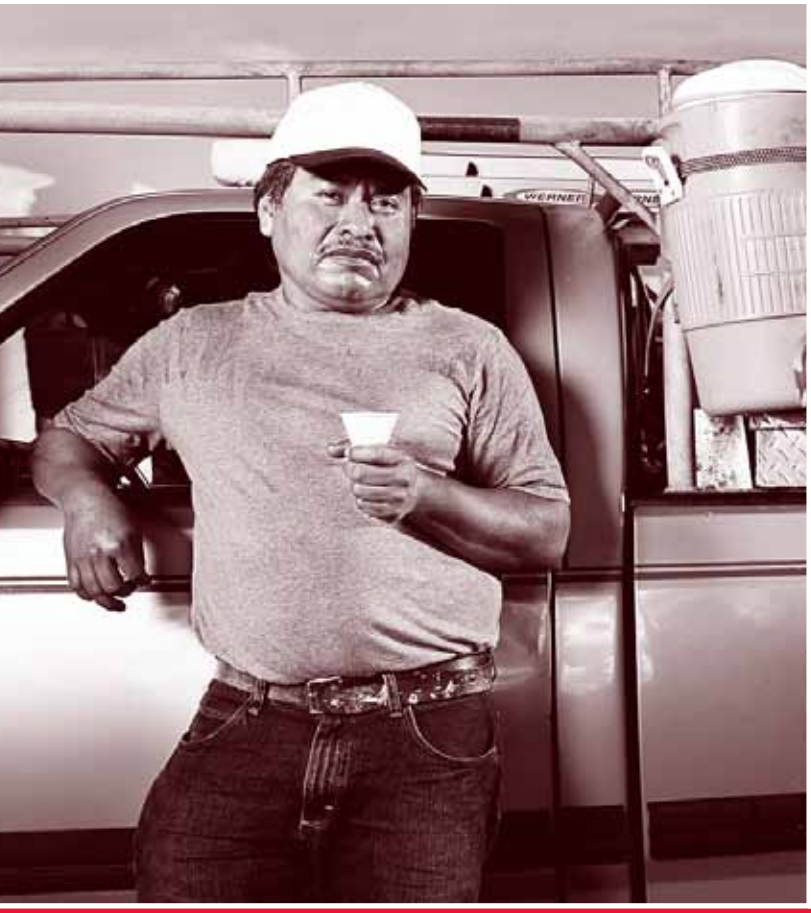
1-877-99-CALOR (1-877-992-2567)

Your call is confidential!

www.99calor.org

AGUA. SOMBRA. DESCANSOS.

Sin ellos no se puede trabajar.



UNA HOJA INFORMATIVA SOBRE EL CALOR

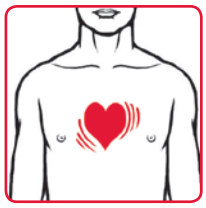
Dos tipos de enfermedades por calor:

Agotamiento

Mareos

Dolor de cabeza

Mucho sudor


Pulso rápido

Nauseas y vómitos

Debilidad

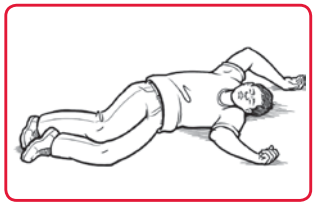
Calambres

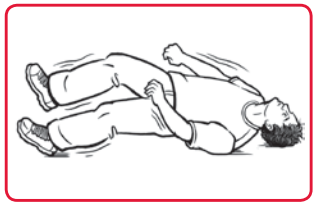
Insolación

Piel colorada, caliente y seca

Temperatura alta

Desorientación

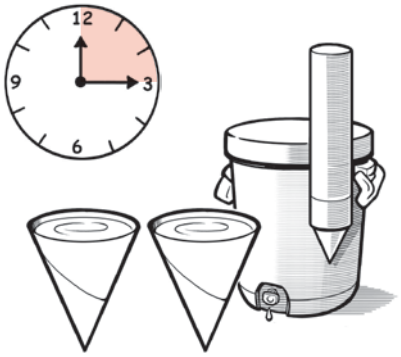

Desmayo


Convulsiones

El calor mata – ¡Consiga ayuda de inmediato!

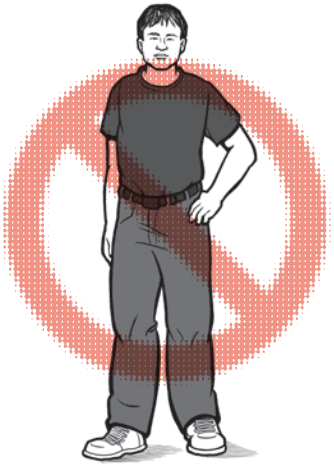
¡Manténgase seguro y sano!

Tome agua aunque no tenga sed – *cada 15 minutos*

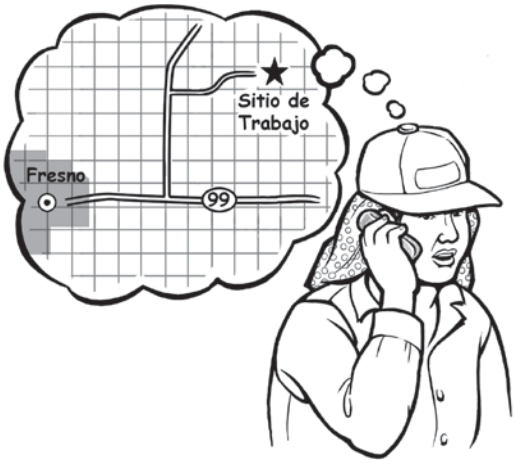


Esté pendiente de sus compañeros

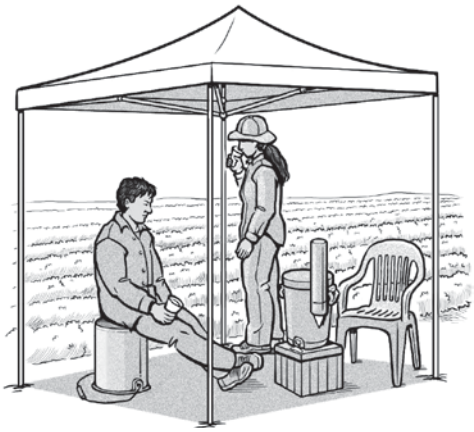
Use sombrero y ropa ligera de colores claros

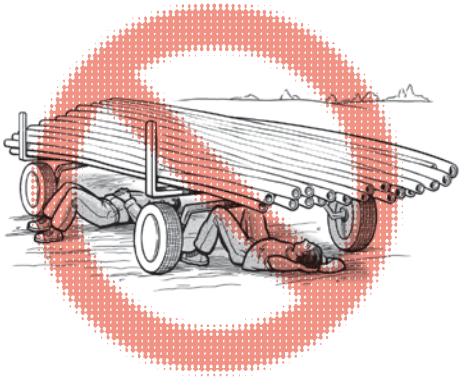


Sepa dónde está trabajando por si necesita llamar al 911



Descanse en la sombra

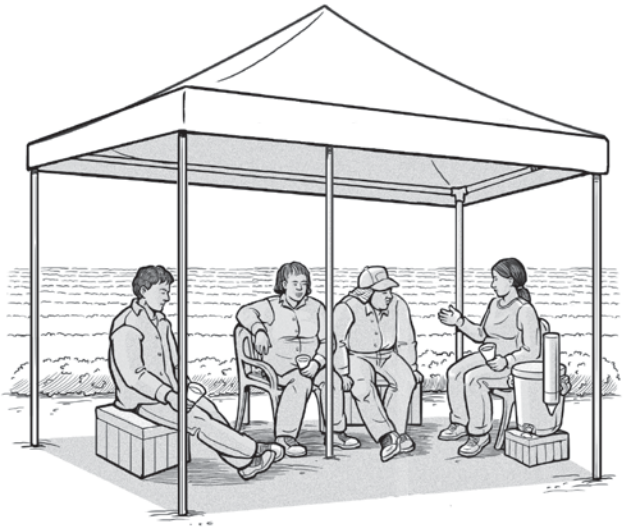




¡Se pueden prevenir las enfermedades por calor!

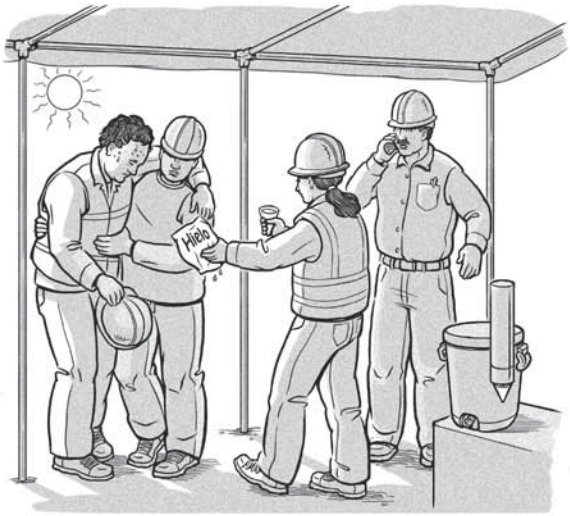
Por ley, su empleador debe tener:

☑ Agua



☑ Sombra y descansos

☑ Capacitación



☑ Plan de emergencia

Para conseguir más información,
llame a la Línea de ayuda CALOR:
1-877-99-CALOR (1-877-992-2567)
¡Su llamada es confidencial!

STATE OF CALIFORNIA CAL OSHA DEPARTMENT OF INDUSTRIAL RELATIONS

www.99calor.org