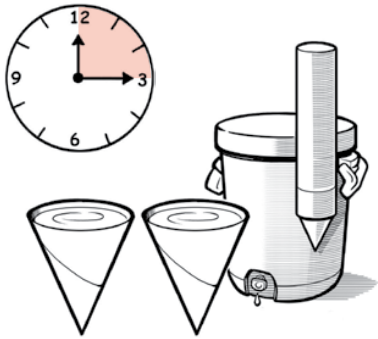


# Stay safe and healthy!

## Heat illness can be prevented!

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



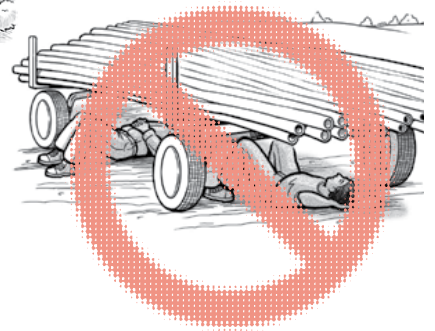
Watch out for each other



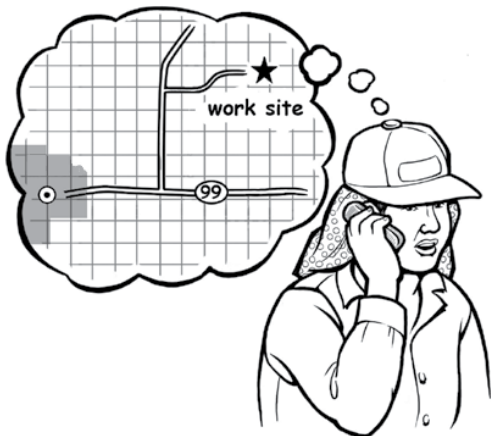
Wear a hat and light-colored clothing



Rest in the shade



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



If you have questions,  
call Oregon OSHA.  
We can help!

1-800-922-2689  
[osha.oregon.gov](http://osha.oregon.gov)

**OSHA** | Oregon  
OSHA

Department of Consumer  
and Business Services

# Two types of heat illness:

## Heat Exhaustion



Dizziness



Headache



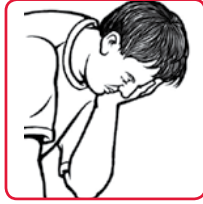
Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



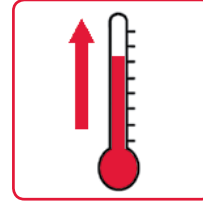
Cramps



## Heat Stroke



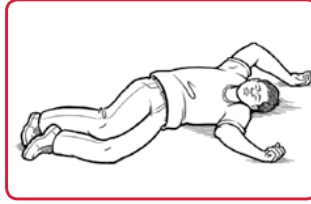
Red, hot, dry skin



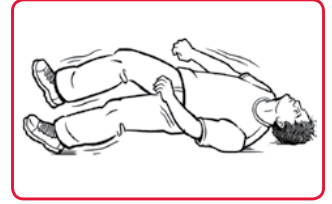
High temperature



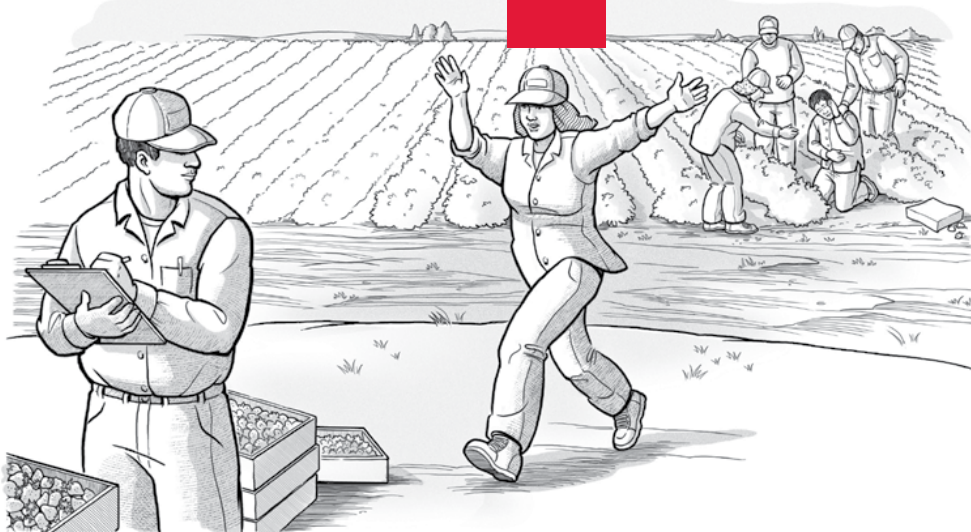
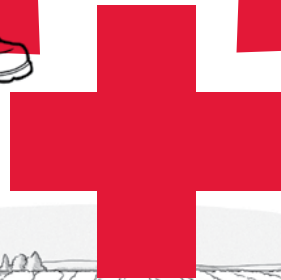
Confusion



Fainting



Convulsions



***Heat kills – get help right away!***