**Prevent Heat Illness at Work**

Outdoor and indoor heat exposure can be dangerous.

### Ways to Protect Yourself and Others

#### Ease into Work.

Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

- **New and returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- **Follow the 20% Rule.** On the first day, work no more than 20% of the shift’s duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.

<table>
<thead>
<tr>
<th>Day</th>
<th>Percentage of Shift’s Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>20%</td>
</tr>
<tr>
<td>TUE</td>
<td>40%</td>
</tr>
<tr>
<td>WED</td>
<td>60%</td>
</tr>
<tr>
<td>THU</td>
<td>80%</td>
</tr>
<tr>
<td>FRI</td>
<td>100%</td>
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</tbody>
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#### Drink Cool Water

- Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.

#### Take Rest Breaks

- Take enough time to recover from heat given the temperature, humidity, and conditions.

#### Find Shade or a Cool Area

- Take breaks in a designated shady or cool location.

#### Dress for the Heat

- Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.

#### Watch Out for Each Other

- Monitor yourself and others for signs of heat illness.

#### If Wearing a Face Covering

- Change your face covering if it gets wet or soiled.
- Verbally check on others frequently.

### First Aid for Heat Illness

The following are signs of a medical emergency!

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

1. **CALL 911 IMMEDIATELY**
2. **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**
3. **STAY WITH THE WORKER UNTIL HELP ARRIVES**

Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

#### If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output

#### Take these actions:

- Give water to drink
- Remove unnecessary clothing
- Move to a cooler area
- Cool with water, ice, or a fan
- Do not leave alone
- Seek medical care if needed