STOPPING FOR WATER KEEPS YOU GOING.

WATER.
REST.
SHADE.

OSHA® Occupational Safety and Health Administration
U.S. Department of Labor

1-800-321-OSHA (6742)
TTY 1-877-889-5627
www.osha.gov

The work can't get done without them.

HEAT ILLNESS CAN BE DEADLY.

Remember to:

- Drink water often, even if you aren't thirsty.
- Rest in the shade to cool down.
- Report heat symptoms early.
- Know what to do in an emergency.

Let's make heat safety part of the job. If you have questions, call OSHA. **It's confidential.** We can help!

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Developed by Cal/OSHA

U.S. Department of Labor
Hilda L. Solis, Secretary of Labor