



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!

