



# PROTECTING MEMBERS FROM HEAT ILLNESS

**EXTREME HEAT CAN CAUSE INJURY, ILLNESS AND FATALITY TO INDOOR OR OUTDOOR WORKERS**

## PROTECT YOURSELF AND OTHERS



Drink cool water



Find air conditioning when possible



Monitor for heat illness, cramps, exhaustion, and stroke



Wear light clothing



Take rest breaks in a cool, shaded area

## BE READY TO ACT: FIRST AID

### LOOK OUT FOR SIGNS AND SYMPTOMS

- Seizures
- Unconsciousness
- Slurred Speech
- Abnormal Thinking or Behavior
- Cramps

- Headache/Nausea
- Weak/Dizzy
- Dehydration
- High Temperature
- Hot, dry skin or profuse sweating
- Fast pulse

### ACT QUICKLY! CALL 9-1-1

1

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2

Provide water and ice to cool the worker

3

Do not leave the worker alone

## EMPLOYER RESPONSIBILITIES

**EMPLOYERS MUST PROVIDE WORKERS WITH A WORKPLACE FREE OF RECOGNIZED HAZARDS, AND THAT INCLUDES HEAT!**

According to OSHA, Employers are responsible for:

- Monitoring and preparing worksite for heat hazards
- Providing rest, water and shade
- Allowing new or returning workers to acclimatize
- Training on signs of heat illness prevention and emergency action

### ADDITIONAL RESOURCES

- AFSCME Health and Safety  
<https://afscmestaff.org/health-safety-home/>
- OSHA Heat Illness Prevention  
<https://www.osha.gov/heat/>

**QUESTIONS ON HEAT SAFETY?  
CONTACT YOUR STAFF REPRESENTATIVE**