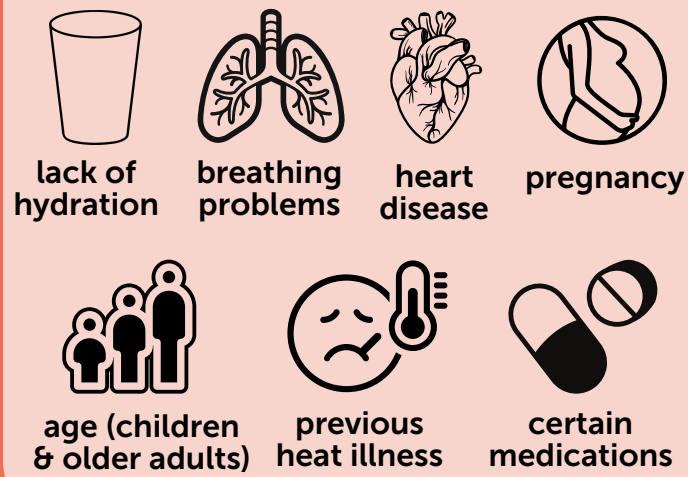


# HEAT SAFETY AT WORK

**KNOW THE SIGNS AND PROTECT YOURSELF FROM HEAT ILLNESS.**

## RISK FACTORS FOR HEAT ILLNESS

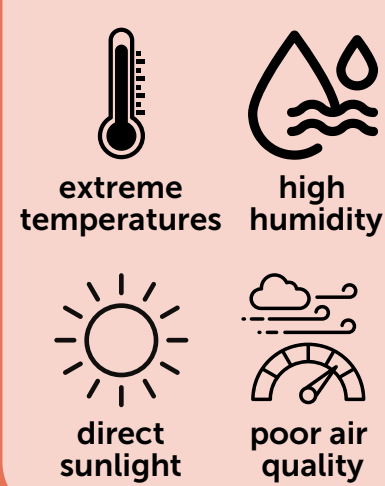
### Personal



### Work



### Environmental



## PREVENTING HEAT ILLNESS

Take steps to keep yourself safe and healthy on the job.

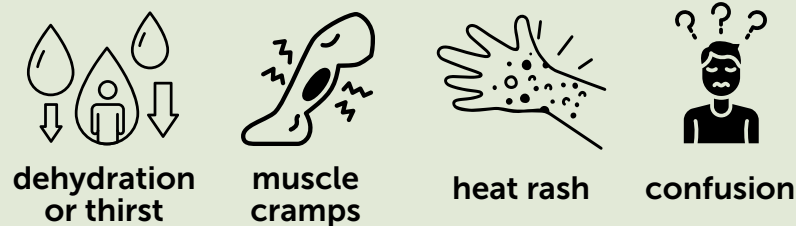


### ADDITIONAL TIPS:

- Try to drink 1 liter of water per hour.
- Avoid drinks such as alcohol, caffeinated drinks, and sugary drinks.
- Wear light colored, loose, lightweight clothing.
- New and returning workers need time to adjust to working in the heat.
- Check [airnow.gov](https://airnow.gov) and follow recommendations if air quality is poor.

## IDENTIFYING SYMPTOMS OF HEAT ILLNESS

### Heat Stress



### Heat Exhaustion



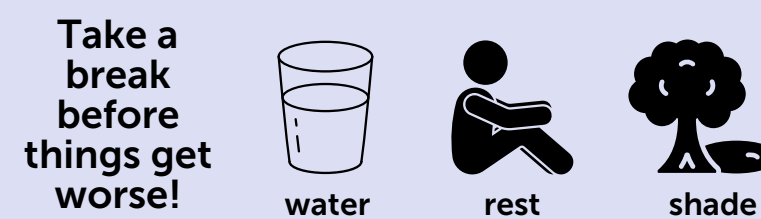
### Heat Stroke



**HEAT STROKE CAN BE DEADLY!**

## RESPONDING TO HEAT ILLNESS

### Heat Stress



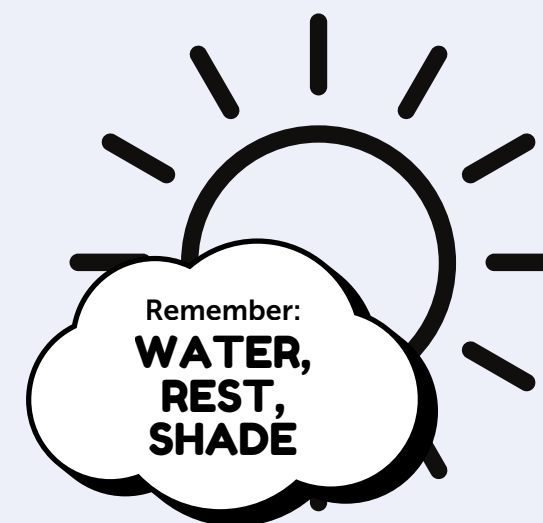
### Heat Exhaustion



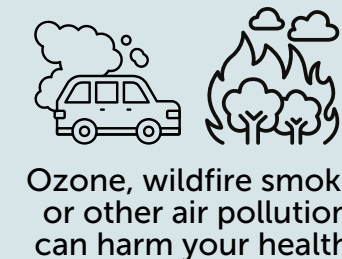
### Heat Stroke



**In the event of HEAT STROKE**  
  
**call 911 immediately!**



## AIR QUALITY & HEAT



Ozone, wildfire smoke, or other air pollution can harm your health.



You cannot always see or smell air pollution. The only way to know is to check the air quality index (AQI).



Heat can make air pollution and its health effects worse.



Follow the recommended actions for poor air quality when possible.

To check the AQI and see recommended actions, go to [airnow.gov](https://airnow.gov) or scan here:



## RESOURCES & ASSISTANCE

NYS Employer Guidance for Extreme Weather:



Establishing a Workplace Safety Committee:



NYS Occupational Health Clinic Network:



File a complaint with OSHA: 1-800-321-6742



**If you are concerned about unsafe working conditions, contact the Worker Justice Center of New York at 1-800-724-7020**

