



ILA-USMX JOINT SAFETY COMMITTEE

OSH Circular 2014-03 (16 June 2014)

HEAT STRESS

It's getting to be that time again.... **To prevent heat related illness:**

- Drink water *before* your work shift begins, and every 15 minutes thereafter.
- Rest in the shade to cool down.
- Wear a hat and light-colored clothing.
- Learn the [signs of heat illness](#) and what to do in an emergency.
- Keep an eye on fellow workers. Make sure your brothers & sisters are OK.
- "Easy does it" on your first days of work in the heat. You need to get used to it.

If workers are new to working in the heat or returning from more than a week off, and for all workers on the first day of a sudden heat wave, implement a work schedule to allow them to get used to the heat gradually.

Remember these three simple words: Water, Rest, Shade. Taking these precautions can mean the difference between life and death.

Drink water often
Rest in the shade
Report heat symptoms early
Know what to do in an emergency

[Link to OSHA's Heat Safety Smartphone App \(Click Here\)](#)

Working Together For The Benefit Of All

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