



HEAT ADVISORY



KNOW YOUR RIGHTS: HEAT SAFETY AT WORK

Everyone, regardless of immigration status, has rights at work to prevent heat illness! It doesn't matter whether you work inside or outdoors, you are protected.



**KNOW THE SIGNS FOR POTENTIALLY LIFE-THREATENING
HEAT ILLNESS! SEEK EMERGENCY ASSISTANCE
IF YOU OR YOUR COWORKER EXPERIENCE:**



Fainting



High Body
Temperature



Red, Hot, Dry
Skin



Convulsions



Confusion



Nausea



Extreme
Fatigue



Do not wait until you feel sick to get help.
Heat illness can cause heart attacks and death.



Keep yourself safe by regularly drinking water.

Do not wait until you're thirsty to drink water. Avoid sodas, coffee and do not drink alcohol.



BY LAW, YOUR EMPLOYER OR SUPERVISOR IS REQUIRED TO PROVIDE:



Sufficient cool, fresh water all day, for free



Additional rest breaks in shaded or cooled areas for at least 5 minutes at a time



Training on how to prevent heat illness and what to do in case of a health emergency.



**LEGAL
AID AT
WORK**

