



# OUTDOOR & INDOOR WORKERS DEMAND PROTECTIONS TO BEAT *the* HEAT!

Access to cool shaded areas for breaks

Frequent breaks to cool down and drink water and/or eat



Access to cool-down areas, away from heat sources and maintained below 82 °F

Reminders to wear wide brimmed hat and light clothing



Ample access to potable water

Air conditioning with cooled air and/or increased air flow

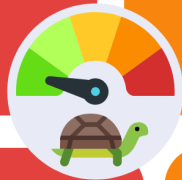


Tracking temperature and humidity (See OSHA App)

Training on the risks and signs of heat illness, prevention, first aid, and an emergency response plan



Freedom to slow down physical activity when needed



Change workload/schedules to minimize exposure

Provide reflective or heat-absorbing shielding or barriers

Acclimatization period: several days to get used to the hot weather

Implement and maintain a heat illness prevention and emergency plan



Fix steam leaks, wet floors, and humidity

Heat hurts and kills workers! Watch out for heat stress symptoms among co-workers and organize to demand protections. Employers are legally responsible to provide a safe workplace under OSHA's General Duty Clause.



COSH