

EMERGENCY ALERT WORKERS



EXPOSED TO HEAT!
Fired Up! Workers for Heat Justice

Temperatures are at an all time high! Be aware that heat is a silent killer and the number one weather-related cause of death in the U.S. impacting both indoor and outdoor workers.

YOUR RIGHTS

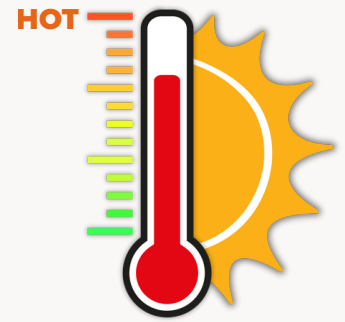
Every employer is required to provide safe and healthy working conditions for their employees under OSHA's General Duty Clause. Your employer may be subject to citation if they fail to protect workers from dangerous recognized hazards, including working conditions that lead to serious heat illness.

Beware of these symptoms of heat illness:

Headache	Weakness	Hot, dry skin or profuse sweating
Nausea	Thirst	Confusion, altered mental state
Dizziness	Fatigue	Sweaty palms

To prevent exposure to heat, your employer can and should provide:

- Access to cool, potable water near the work area and encourage workers to drink often
- Rest and shade for all workers
- Rescheduling of work to shift work to cooler parts of the day
- Access to air conditioned rest areas for cool down
- Buddy systems to make sure workers are not alone
- Lessening production loads to account for slower pace of work
- Acclimatization programs to allow workers to adjust to hot environments over time.
- Modification to equipment and protective clothing to lessen the dangerous effects these can have on workers



What to do if your rights are violated

- You have the right to take action, with your coworkers, to protect yourselves from dangerous conditions – including extreme heat. We are more powerful when we take action together.
- If your employer is violating your right to a safe workplace you can file a complaint with the Occupational Safety and Health Administration (OSHA) online [HERE](#) or call [\(800\) 321-6742](tel:8003216742). National COSH recommends seeking support from your local COSH group, worker center, or union prior to filing a complaint. For further guidance, please contact info@nationalcosh.org.



More resources and information:

- A worker center, union, or legal aid organization may be able to support you with filing a complaint.
- For more information on heat illness and ways to take action, please visit www.nationalcosh.org/heat-climate-justice

National Council for Occupational Safety and Health

Leading the fight for safe and healthy working conditions for all workers!

www.nationalcosh.org