

Fired Up!

WORKERS FOR HEAT JUSTICE

HEAT ILLNESS IS PREVENTABLE

NO ONE SHOULD GET SICK OR DIE FROM HEAT AT WORK

Extreme heat is a workplace hazard – for both indoor and outdoor workers

Heat illness can happen fast and can be deadly, whether you work outside in the sun or inside hot warehouses, kitchens, factories, or processing plants.



Outdoor Heat



Indoor Heat



Heat Can Be Deadly

Employers are **responsible** for keeping workers safe



HEAT CAN KILL THE SIGNS ARE THE WARNING

RECOGNIZING HEAT ILLNESS EARLY AND ACTING TOGETHER CAN PREVENT SERIOUS INJURY OR DEATH

YOU HAVE RIGHTS

Workers have the right to:

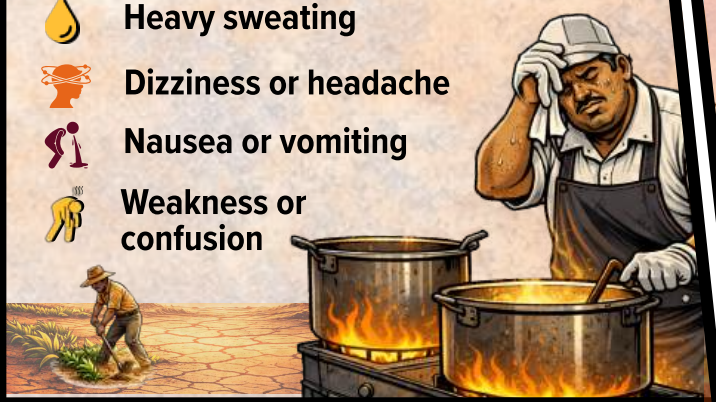
- A safe and healthy workplace
- Speak up about unsafe heat conditions
- Ask for water, rest, and shade
- Be protected from retaliation

All workers have the right to a safe workplace, regardless of immigration status.



Heat Exhaustion

- Heavy sweating
- Dizziness or headache
- Nausea or vomiting
- Weakness or confusion



Heat Stroke (Medical Emergency)

- Hot or dry skin
- High body temperature
- Confusion or loss of consciousness
- Seizures



If someone shows signs of heat stroke, call 911 immediately

STRONGER TOGETHER

Heat safety improves when workers act together.

- Talk with coworkers about heat risks
- Look out for one another on hot days
- Raise concerns as a group when possible
- Document heat hazards and symptoms

Collective action saves lives!

HEAT SAFETY SAVES LIVES

Employers are legally required to protect workers from serious known hazards like extreme heat. Every workplace should provide:

- **Water:** Clean drinking water at all times
- **Rest:** Regular paid breaks
- **Shade or Cooling:** Shade outdoors or cooling spaces indoors
- **Training:** Heat safety information workers understand
- **Emergency Plan:** Clear steps if someone gets sick



Fired Up! For Heat Justice

Heat danger is not a personal problem – it's a workplace responsibility.

Fired Up! Workers for Heat Justice builds worker power to demand:

- Enforceable heat protections
- Accountability from employers
- Safe jobs for all workers



www.nationalcosh.org