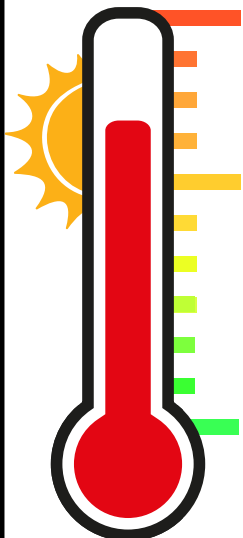




TOO HOT TO WORK SAFELY?

Know your rights. Protect each other.

Fired Up! Workers for Heat Justice



DANGER ZONE

- Confusion
- Vomiting
- Hot dry skin
- Fainting



CALL 911 IMMEDIATELY



WARNING SIGNS

- Dizziness
- Nausea
- Heavy sweating
- Headache



STOP WORK AND COOL DOWN



PREVENTION

- Water
- Shade
- Rest
- Airflow



ARE HUMAN RIGHTS

ALL WORKERS HAVE RIGHTS

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

Under OSHA, employers have a legal responsibility to provide safe and healthy working conditions, including protection from dangerous heat.

COOL DOWN + SPEAK UP

- Drink water every 15–20 min
- Take cool down breaks
- Find shade, airflow, or cooling areas
- Watch for dizziness, nausea, confusion
- Check on your coworkers

Heat illness can happen indoors or outdoors.

STRONGER TOGETHER

Workers can ask together for:



Cool drinking water close to where you work



Shade, fans, or cooler areas



Regular heat breaks without punishment



Training and a clear emergency plan

Talk with coworkers. Raise concerns together. Connect with your local COSH group, worker center, or union for support.