



Heat Illness – What To Do

Would you know what to do if a co-worker was ill from the heat? The OSHA Quick Card on Protecting Workers from Heat Stress lists the following:

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

If the worker is not alert or seems confused, this may be a heat stroke. Call 911 immediately and apply ice as soon as possible.

To learn more about heat illness and how to prevent it, view the OSHA Quick Card at www.osha.gov/Publications/osh3154.pdf.



Vehicle Cleaning Solutions

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If you are going to doubt something, doubt your limits.
– Don Ward

A mistake becomes experience when shared.
– Angela Featherstone

Time is a coin in your life. It is the only coin you have, and only you can determine how it will be spent.
– Carl Sandburg

BY THE NUMBERS

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