



SEARCH

A to Z Index | En Español | Contact Us | FAQs | About OSHA

OSHA

OSHA QuickTakes

Newsletter

RSS Feeds

Print This Page

Text Size

Occupational Safety & Health Administration We Can Help

What's New | Offices

Home

Workers

Regulations

Enforcement

Data & Statistics

Training

Publications

Newsroom

Small Business




**WATER. REST. SHADE.**  
The work can't get done without them.

[en Español](#)

Home Educational Resources Using the Heat Index Training Media Resources



Photos by: CAL-OSHA

**Highlights**



**OSHA®**  
Heat Smartphone App

- Video - Dr. David Michaels, Assistant Secretary of Labor for Occupational Safety and Health

## Welcome to OSHA's Campaign to Prevent Heat Illness in Outdoor Workers

**HEAT ILLNESS CAN BE DEADLY.** Every year, thousands of workers become sick from exposure to heat, and some even die. **These illnesses and deaths are preventable.**

- [Who is affected?](#)
- [What is heat illness?](#)
- [How can heat illness be prevented?](#)

This webpage is part of OSHA's nationwide outreach campaign to raise awareness among workers and employers about the hazards of working outdoors in hot weather. The educational resources on this website give workers and employers information about heat illnesses and how to prevent them. There are also training tools for employers to use and posters to display at their worksites. Many of the new resources target vulnerable workers with limited English proficiency. OSHA will continue to add information and tools to this page throughout the summer.

OSHA is also partnering with the National Oceanic and Atmospheric Administration (NOAA) on [weather service alerts](#). [NOAA's Heat Watch page](#) now includes worker safety precautions when extreme heat alerts are issued.

We invite you to join in this effort by helping to reach workers and employers in your community with the resources you will find on this site.

**Who is affected?** Workers exposed to hot and humid conditions are at risk of heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions.

Drink water often

Rest in the shade

Report heat symptoms early

Know what to do in an emergency

**What is heat illness?** The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illnesses range from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires **immediate medical attention**.

**How can heat illness be prevented?** Remember three simple words: **water, rest, shade**. Drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. Employers should include these prevention steps in worksite training and plans. Gradually build up to heavy work in hot conditions. This helps you build tolerance to the heat – or become acclimated. Employers should take steps that help workers become acclimated, especially workers who are new to working outdoors in the heat or have been away from work for a week or more. Gradually increase workloads and allow more frequent breaks during the first week of work. Also, it's important to know and look out for the symptoms of heat illness in yourself and others during hot weather. Plan for an emergency and know what to do — **acting quickly can save lives!**

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## OSHA's 2012 Heat Campaign

The Occupational Safety and Health Administration (OSHA) is launching the nationwide 2012 Heat campaign. Heat Illness continues to be an occupational concern for outdoor workers – those in agriculture, building and road construction, transportation, landscaping and tree trimming, electrical and other utilities, oil and gas operations, maritime and other terminals, and other work sites involving outdoor work. In 2010 alone 40 workers died and over 4100 workers were injured due to heat exposure (BLS, preliminary data). OSHA is rolling out the second year of the Heat Campaign in early May.

The 2011 Heat Campaign was successful due to the tremendous effort at the local level – outreach by individual OSHA offices and staff and in partnership with **you** - our Alliances and stakeholders. We look forward to working with you again in 2012 to publicize the OSHA [Heat Campaign](#) webpage and [new resources](#) – especially those for non-English and limited language skilled workers. We received excellent feedback and suggestions on improvements to last year's outreach material and the 2012 Heat Campaign makes a variety of training materials available in both English and Spanish. All the material can be found on the [Heat Campaign Website](#):

- The OSHA Heat [smartphone application](#) for Android and iPhone (released in August 2011, allows user to get or calculate the Heat Index for their location and provides reminders—with limited text and icons—about what to do to prevent heat illness)
- [Using the Heat Index: A Guide for Employers](#) (released in July 2011, provides information on using the Heat Index to trigger specific heat-illness prevention actions at a worksite with planning checklists and detailed information on work/rest schedules, acclimatization, training, and emergency planning)
- [OSHA Heat Prevention TRAINING GUIDE](#) for employers to carry out tailgate training for agriculture or construction workers
- Illustrated, low-literacy [fact sheets](#) in English and Spanish for workers
- Laminated [Worksites poster](#) in English and Spanish for employers and workers that illustrate key information about heat illness and promote heat safety
- [Community posters](#) that promote heat safety
- Heat Illness [Quick Cards](#) —for supervisors
- Cal/OSHA DVD: [Water, Rest, Shade: The Work Can't Get Done Without Them](#)

To order quantities of materials, please contact Frank Meilinger at 202-693-1999 or [Meilinger.Francis2@dol.gov](mailto:Meilinger.Francis2@dol.gov).

OSHA will continue its work with you to reach workers and employers across the country. OSHA's field-based compliance assistance staff (interactive directory of Compliance Assistance Specialists located at: [http://www.osha.gov/dcsp/compliance\\_assistance/cas\\_directory\\_auto.html](http://www.osha.gov/dcsp/compliance_assistance/cas_directory_auto.html)) can work directly with you and your members or constituents. OSHA will also work through its state-plan partners and its [consultation services](#) (free services for small businesses). Some of the elements included in the campaign include:

- OSHA public website on the [Heat Illness Prevention Campaign](#)
- Public service announcements and press releases in trade journals, national, regional and local media outlets;

- National Oceanic and Atmospheric Administration (NOAA) weather service alerts – these will continue to include worker safety precautions when heat alerts are issued across the country.
- [Drop-In Articles](#) to be customized with stakeholder logo and a National Press release to be redistributed and reposted via your websites and social media networks. (Twitter, Facebook, Linked-In...)
- Electronic billboards (traditional and digital) will be posted in select areas of the country and act as Public Service Announcements prior to and during “Heat Events.”
- Increased use of outlets like Twitter, FaceBook, and other social media platforms.

Almost everyone recognizes that outdoor temperatures and humidity can be an issue, but, even in our own home life, we may overlook the simple steps needed to prevent heat exhaustion and heat stroke:

**Water. Rest. Shade.**

So, we want to thank you for your efforts in 2011 and look forward to working with you again in 2012. We want to thank California OSHA for developing the campaign and materials in California and working with Federal OSHA as we took the campaign national. We hope you will continue to work with us and with your constituencies to make “Water. Rest. Shade.” as popular as “Got Milk” and to get the OSHA materials into the hands of the employers and workers that need them. For more information, please contact Frank Meilinger at 202-693-1999 or [Meilinger.Francis2@dol.gov](mailto:Meilinger.Francis2@dol.gov).