



## OSHA Tips for Avoiding Heat Exhaustion & Heat Stroke

**Avoid Caffeine and Alcohol** – Caffeine and alcohol contribute to dehydration due to their diuretic effect. Avoid or limit caffeine when working outside, especially during the hot summer months.

**Drink Water Often** – Do not wait until you are thirsty to take a break and drink water. You should be drinking small amounts of water frequently to avoid dehydration. Two to four cups of water every hour — every 15 minutes is recommended by OSHA.

**Limit Work During Middle of the Day** – If possible, work outside in the morning or late evenings when the temperature is not as high.

**Take Breaks** – Take breaks to rest in the shade every couple of hours to avoid heat exhaustion and heat stroke.

**Wear the Appropriate Clothing** – Wear light colored, loose-fitting clothing, eye protection, sunscreen, and a hat when working outside.

**Learn the Signs of Heat Exhaustion and Heat Stroke** – Watch for these signs in yourself and in your co-workers.

### Signs of Heat Exhaustion:

- Dizziness
- Headache
- Sweaty skin
- Weakness
- Cramps
- Nausea and/or vomiting
- Fast heart beat

### Signs of a Heat Stroke:

- Red, hot, dry skin
- High temperature
- Confusion
- Convulsions
- Fainting