

What to Do for Heat-Related Illness

- Call 911 immediately
- Move to a cool, shaded area
- Loosen or remove heavy clothing
- Provide cool drinking water
- Fan and mist the individual with water

For more information, visit or call these agencies:

Center to Protect Workers' Rights

www.cpwr.com
301-578-8500

National Institute for Occupational Safety and Health

www.cdc.gov/niosh
800-35-NIOSH

Occupational Safety & Health Administration

www.osha.gov
800-321-OSHA