

As part of our efforts to keep you informed of OSHA's activities and resources, please see the information below on the Agency's Heat Illness Prevention Campaign.

WATER. REST. SHADE.

The work can't get done without them.

Friday was the first day of summer! Stay cool all summer long with *Water.Rest.Shade* and resources from OSHA's nationwide Campaign to Prevent Heat Illness in Workers.

Visit www.osha.gov/heat for valuable resources, including low-literacy fact sheets, training guides for employers and workers, and posters! A new [Portuguese wallet card](#) and a [Bilingual Information Sheet](#) are now available.

OSHA is continuing its partnership with the National Oceanic and Atmospheric Administration's (NOAA) National Weather Service to include worker safety precautions in their [Excessive Heat Watch, Warning, and Advisory Products](#).

All of our resources are available in Spanish. In addition, an updated version of the [Spanish website](#) is now posted.

Know the signs and symptoms:

**Headache, Dizziness
Weakness, Nausea**

Heavy Sweating

Confusion/Collapse

Know how to Prevent Heat-Related Illnesses:

Drink water often

Rest in the shade

Report heat symptoms early

Know what to do in an
emergency