



YOU HAVE A RIGHT TO STOP FOR WATER.



**WATER.
REST.
SHADE.**



Oregon

OSHA

Department of Consumer
and Business Services

**HEAT ILLNESS
CAN BE DEADLY**

Remember to:

- Drink water often, even if you aren't thirsty.
- Rest in the shade to cool down.
- Report heat symptoms early.
- Know what to do in an emergency.

Learn more

Oregon OSHA's rules for preventing heat-related illnesses apply to workplaces when the heat index is 80 degrees Fahrenheit or higher.



English



español