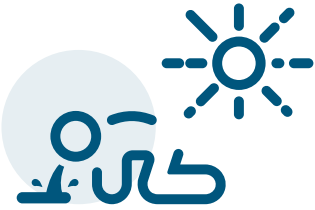


Heat Risks in Housing



When it is hot out, you can get really sick if you don't take care of yourself. Drinking alcohol or caffeine can make things worse. Some medications and medical conditions, such as heart disease, poor blood circulation, and obesity, can also make the heat worse.



The amount of work you do, the type of clothing you wear, and the personal protective equipment you use also can contribute to feeling bad. Be aware of how these factors can affect you in the heat.



It is important to get used to the heat before being out in it all day. Start by working for part of the day, and add more time in the heat over a period of days before working a full day in the heat.



Heat illnesses are very serious. Immediately report signs and symptoms such as confusion, slurred speech, dizziness, lightheadedness, or when someone stops sweating. Reporting could save your life or the life of someone you work with.



You can call for help (911 or local emergency services). You will not get in trouble for calling them.



IF YOU NEED HELP, CONTACT:

(To be completed by operator)

You have the right to notify your employer or Oregon OSHA about workplace hazards. Oregon OSHA will keep your name confidential if you ask.

You have the right to report a work-related injury or illness, without being retaliated or discriminated against.

You can file a complaint with the Oregon Bureau of Labor and Industries (BOLI) within 90 days, or with federal OSHA within 30 days, of discrimination by your employer for making safety and health complaints or for exercising your rights under the Oregon Safe Employment Act.

English: 1-800-922-2689

Español: 1-800-843-8086

osha.oregon.gov



**Heat Illness
Prevention
Resources**

440-5561 (7/21/COM)