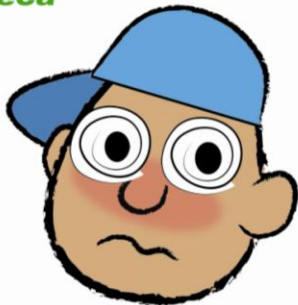


In an Emergency!  
¡Si hay una Emergencia!

**CALL 9-1-1**

**DRY, HOT SKIN**  
Piel caliente  
y seca

**CONFUSED**  
Confundido



**STOPPED SWEATING**  
Dejó de sudar

**Si siente síntomas,  
llame 9-1-1**

**Know where you are!**  
**¡Sepa dónde está trabajando!**

**Contact Us! ¡Contactenos!**



**OSHA Heat Safety Tool**

Español:  
[http://www.osha.gov/SLTC/heatillness/heat\\_index/heat\\_app\\_sp.html](http://www.osha.gov/SLTC/heatillness/heat_index/heat_app_sp.html)

English:  
[http://www.osha.gov/SLTC/heatillness/heat\\_index/heat\\_app.html](http://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html)

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**DEADLY HEAT**



**Protect yourself  
from the heat!**

**¡Protéjase del calor!**

## SUMMARY RESUMEN

### PREVENT Prevenir

**DRINK**



**Tome agua**



**BREAK**

**Descanse de  
vez en cuando**

Drink 8-10 oz. of water  
every 15 minutes.

Tome 8-10 onzas de agua  
cada 15 minutos.

## SUMMARY RESUMEN

### RECOGNIZE Reconocer



Confused? Stopped sweating?  
Have dry, red hot skin? Call 911!

¿Confundido? ¿Dejó de sudar?  
¿Piel caliente y seca?  
¡Llame al 9-1-1!

## SUMMARY RESUMEN

### TREAT Tratamiento



Always stay together!

¡No lo deje solo!