

# Heat Illness Prevention: Water, Rest, and Shade

Three ways to prevent the onset of a heat illness are drinking water, getting rest, and being in the shade. Below are some guidelines for employers and employees to follow when working in the heat.

## Water

- Employees should drink 24-32 ounces of water per hour when working in the heat.
- Drinking water must be accessible to every worker.
- Have a location near your job site where you can refill your water container.
- Employees should maintain regular fluid intake; drink water even if you aren't thirsty.

**NOTE:** Avoid drinks that are caffeinated, alcoholic, and have high sugar content since they can lead to dehydration.



## Rest

- If you feel any symptoms of heat related illness, take a rest period to allow yourself to cool down and prevent worsening of symptoms.
- Consult with your supervisor for rest periods.



## Shade

- Employers should provide shade when temperatures exceed 80°F.
- Shade positions should be near or directly over work areas.
- You may go into the nearest building for shade.
- You may also be in your vehicle for shade.

**NOTE:** When you are resting in your vehicle, please have the air conditioner on if available.



## Helpful Resources

- Cal/OSHA Heat Illness Prevention:  
<https://www.dir.ca.gov/dosh/heatillnessinfo.html>