



热病包括热痉挛、  
昏厥、热衰竭，  
以及中暑。

工人们因  
这些疾病而死亡  
或遭受严重的健康问题。

热病是可以预防的。



## 了解中暑的症状

观察自己和同事身上的症状。如果您感觉您出现了任何相关症状，立即告诉您的同事和主管，因为您可能需要医疗帮助。在您每天开始工作之前，了解您可以向谁报告，如何寻求帮助。



## 早期症状

疲乏  
大量出汗  
头痛  
痉挛  
晕眩  
脉搏加快  
恶心/呕吐

寻求  
医疗  
帮助

## 危及生命的症状

体温高  
皮肤发红、发热、干燥  
意识模糊  
抽搐  
昏厥



如果您是第一次在高温下工作，或有过热病史，**请告知您的主管。**

**对高温天气保持警惕** 在酷热期，您的患病风险更高。您需要更密切地观察自己和同事，多喝水，多休息，并采用其他措施。



## 饮用足量、冷却、清洁的水

在整个工作期间，每隔15分钟至少饮用8盎司的水（3锥形杯）。**不要等口渴再饮水。**

**不要饮酒。避免饮用咖啡。选择水，而非软饮。**



在遮阳设施内**休息**，降低体温。

**穿着合适的衣服** 穿着宽松、轻便、浅色的棉质衣服，戴好宽檐帽或便帽、头巾。

如果您患有糖尿病等疾病，正在服用药物或进行低盐饮食，请**咨询医生**。

如果您在户外工作，根据法律，您的雇主必须：

- 每天为您提供足量、冷却、清洁的饮用水。
- 允许您到遮阳设施内或类似凉爽的地方避暑，每次至少停留5分钟。
- 为您提供预防中暑以及呼叫紧急服务的培训。



**如需了解更多信息，**

**请拨打工人热线：**

**1-866-924-9757**

加州劳资关系部



插图绘制: Kate Oliver, Adria Wells

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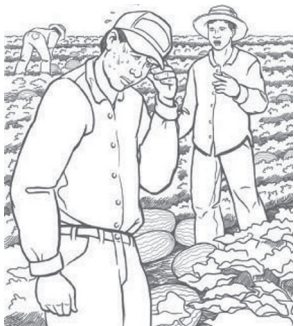
## Heat Kills



Heat illness includes **heat cramps, fainting, heat exhaustion, and heatstroke.**

**Workers have died or suffered serious health problems from these conditions.**

**Heat illness can be prevented.**



### Know the symptoms of heat illness

Watch for symptoms in yourself and your coworkers. *If you feel any symptoms, tell your coworkers and supervisor immediately because you may need medical help. Know who to talk to and how to get help before you start each workday.*



#### Early symptoms

Fatigue  
Heavy sweating  
Headache  
Cramps  
Dizziness  
High pulse rate  
Nausea/vomiting



#### Life-threatening symptoms

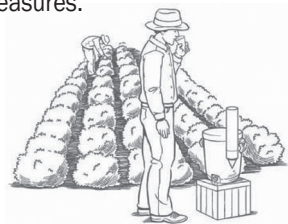
High body temperature  
Red, hot, dry skin  
Confusion  
Convulsions  
Fainting



## Preventing Heat Illness

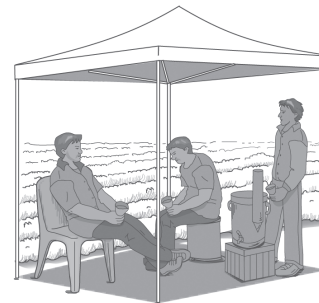
**Tell your supervisor** if you are new to working in the heat or have had heat illness before.

**Stay alert to the weather** During a heat wave you are at greater risk of getting sick. You need to watch yourself and coworkers more closely, and may need to drink more water, take more breaks, and use other measures.



**Drink enough cool, fresh water** Drink at least one 8-ounce cup (3 cones) every 15 minutes during your entire work shift. *Do not wait until you are thirsty to drink water.*

**Do not drink alcohol. Avoid coffee. Choose water over soft drinks.**



**Take rest breaks** in the shade to cool down.

**Wear proper clothing** Loose fitting, light-weight and light-colored cotton clothes, a wide-brimmed hat or cap, and a bandana.

**Talk to your doctor** if you have illnesses like diabetes, are taking medicines or are on a low salt diet.

## Know Your Rights

If you work outdoors, by law, your employer must provide you:

- Enough cool, fresh drinking water throughout the day.
- Access to shade or an equally cool spot for at least 5 minutes at a time.
- Training on how to prevent heat illness and how to call for emergency services.



**For more information  
call the worker hotline at  
1-866-924-9757**

**California Department  
of Industrial Relations**



*Illustrations by Kate Oliver and Adria Wells*

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