

Stay Cool: Work Safely in the Heat

Hot and humid weather is not just uncomfortable. Extreme heat is the deadliest type of weather event in NYC.

Keep yourself and others safe while you work in the heat.



You are at higher risk of heat-related illness if you:

- Work outdoors or in hot indoor places
- Do not have access to air-conditioning
- Have a chronic health condition, such as heart disease, a mental health or cognitive condition, or diabetes
- Take medicines that make it difficult for your body to stay cool, such as diuretics and some antidepressants and blood pressure medicines
- Have limited mobility
- Are pregnant
- Are drinking heavily or using drugs



Adults age 60 and older are also at higher risk.

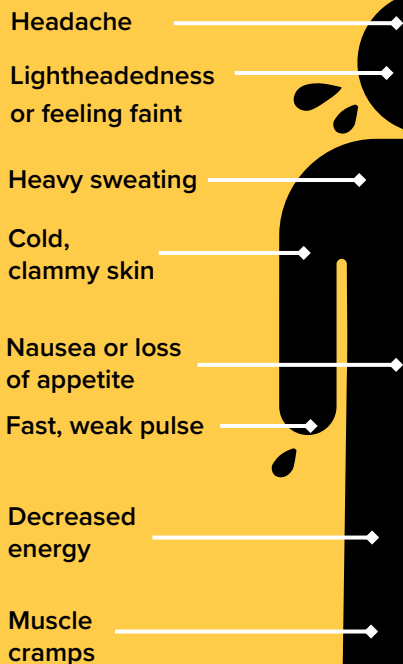
Stay Cool While You Work

- Drink plenty of water, even if you are not thirsty.
- Take rest breaks.
- Find a shady or cool area.
- When possible, wear lightweight clothing and a hat to protect your face and head.
- Wear sunscreen with SPF 15 or higher.
- Check on your co-workers.
- Be mindful of personal protective equipment that may increase your heat exposure.

Signs of Heat-Related Illness

If you or a co-worker has symptoms of heat-related illness, get to a cool place, remove extra clothes, and drink plenty of water right away. If there are symptoms of heatstroke, call **911**.

Heat Exhaustion



Headache

Lightheadedness or feeling faint

Heavy sweating

Cold, clammy skin

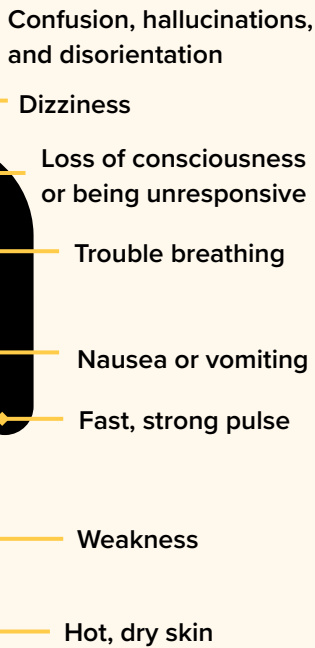
Nausea or loss of appetite

Fast, weak pulse

Decreased energy

Muscle cramps

Heatstroke



Confusion, hallucinations, and disorientation

Dizziness

Loss of consciousness or being unresponsive

Trouble breathing

Nausea or vomiting

Fast, strong pulse

Weakness

Hot, dry skin



Heat exhaustion can cause heatstroke.



Heatstroke can be deadly without emergency treatment.

Employees have the right under the Protected Time Off Law to use their leave for heat-related health issues. If you believe your rights have been violated, file a complaint with NYC Consumer and Worker Protection at nyc.gov/dca.

Your workplace must be free of health and safety hazards. For more information or to file a complaint, contact the Occupational Safety and Health Administration at osha.gov or 800-321-OSHA (800-321-6742).



For more information, visit nyc.gov/health/workplaceheat or scan the QR code.