

**WATER. SHADE. REST.**  
Without them you can't work.

## **Keep yourself safe while working outside**

Know your rights under the new heat regulations from Cal/OSHA

### **You have rights – your legal status does not matter!**

- Water: Must be free, potable and fresh, and located as close as practicable.
- Shade: Must always be available when you ask for it. When temperatures equal or exceed 80 degrees Fahrenheit (26.7 degrees Celsius) – shade must be present and must be enough for all workers on meal or rest periods.
- Take cool down breaks (5 minutes minimum)
- If you work in the field, your employer must give you a 10 minute break every two hours when temperatures exceed 95 degrees Fahrenheit (32.22 degrees Celsius).
- Receive training
- Access to first aid or emergency medical services

**Do you have questions or need to report a hazard at work?**

**Contact the UFW with the message "Heat" via text to 877877**

**Call toll-free at 1-877-881-8281 UFW Foundation**

**Call toll-free at 1-877-992-2567 Cal/OSHA**