

Staying Safe and Healthy on the Job! For Deepwater Horizon Response Workers

- Pay close attention to safety and health training.
- Use protective clothing, gloves, footwear and respirators as instructed.
- If you feel worried, sick or get injured, get medical attention.
- If you almost get injured, or see any unsafe condition, report that to your supervisor.
- Drink plenty of water before you come to work and drink water regularly while working.
- Take rest breaks in shady areas when possible.
- Pay attention to your stress level and get regular rest.
- If you wear a respirator and it gets soaked, damaged or becomes hard to breathe through, get another one.
- Look out for your buddy's safety and health.
- Ask your supervisor if you have any safety or health questions.

For More Information

For more NIOSH information and recommendations for Deepwater Horizon response workers, see <http://www.cdc.gov/niosh/topics/oilspillresponse/>

To receive NIOSH documents or more information about occupational safety and health topics, contact NIOSH at

1-800-CDC-INFO (1-800-232-4636)

TTY: 1-888-232-6348

E-mail: cdcinfo@cdc.gov

or visit the NIOSH Web site at www.cdc.gov/niosh.