

# HEAT-RELATED ILLNESSES

## Protecting Farmworkers

### RISK FACTORS



Direct exposure to sun



Higher humidity in the fields



Using heavy work clothes & equipment



### SIGNS & SYMPTOMS

#### HEAT EXHAUSTION

- Nausea
- Dizziness
- Weakness
- Irritability
- Thirst
- Heavy sweating
- Elevated body temperature
- Decreased urine output

#### HEAT STROKE

- High body temperature
- Hot, red, dry or damp skin
- Fast, strong pulse
- Throbbing headache
- Dizziness/Nausea
- Confusion
- Seizures
- Unconsciousness

### WHAT TO DO

#### HEAT EXHAUSTION

- Move to a cool place
- Loosen clothes
- Put cool, wet cloths on or take cool bath
- Sip water
- If throwing up, symptoms worsen or last longer than an hour, get medical help!

#### HEAT STROKE

- Call 911 right away!
- Move person to a cooler place
- Help lower body temperature with cool cloths or a cool bath
- Do not give person anything to drink





## PROTECT YOURSELF

- Drink water frequently. Don't wait to be thirsty. Avoid energy drinks and alcohol.
- Wear a hat and light-colored, loose-fitting, breathable clothing such as cotton.
- Use umbrellas, pop-up tents, and trees for shade.
- Ease into work as temperatures increase.
- Take breaks in the shade or in cool areas. Take more breaks during heavy work and in high heat and humidity.
- Schedule heavier work during the cooler parts of the day, if possible.



## YOUR RIGHTS TO A SAFE WORK ENVIRONMENT

Employers are responsible for protecting workers from heat illness and are required to:

- Provide water, rest, and shade to workers.
- Allow new or returning workers to gradually increase workload and take more breaks during the first week to adjust to working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

**OSHA National Emphasis Program on Heat:**  
[osha.gov/sites/default/files/publications/OSHA\\_HA-4279.pdf](https://www.osha.gov/sites/default/files/publications/OSHA_HA-4279.pdf)

## ADDITIONAL RESOURCES

- **CDC Warning Signs and Symptoms of Heat-Related Illness:**  
[cdc.gov/disasters/extremeheat/warning.html#text](https://www.cdc.gov/disasters/extremeheat/warning.html#text)
- **NIOSH Heat Stress Alerts:**  
[cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf](https://www.cdc.gov/niosh/docs/2010-114/pdfs/2010-114.pdf)
- **OSHA Prevent Heat Illness at Work:**  
[osha.gov/sites/default/files/publications/3431\\_wksiteposter\\_en.pdf](https://www.osha.gov/sites/default/files/publications/3431_wksiteposter_en.pdf)
- **CDC/NIOSH Workplace Safety & Health Topics - Heat Stress:**  
[cdc.gov/niosh/topics/heatstress/default.html](https://www.cdc.gov/niosh/topics/heatstress/default.html)
- **CDC Protecting Vulnerable Groups from Extreme Heat:**  
[cdc.gov/disasters/extremeheat/workers.html](https://www.cdc.gov/disasters/extremeheat/workers.html)

