

# RECOMMENDATIONS TO PREVENT HEAT STRESS

## HEAT STRESS IS...

A problem when the body gets too hot and can't cool down properly. This is common in outdoor jobs such as agriculture because most of the work is done under direct sunlight. Hard work among other factors can increase heat risk. To manage and prevent heat stress, here are a few ways to help!



## WORKPLACE RECOMMENDATIONS

AGRICULTURAL EMPLOYERS SHOULD...

### PROVIDE TRAINING ON HEAT EDUCATION & AWARENESS

1

- Provide training on types of heat-related illnesses, risk factors, preventions, and treatments
- Gain information on what to look for and what to do when experiencing heat-related illnesses

### PROVIDE REST AND SHADE

2

- Provide scheduled rest in mobile shaded areas
- Provide water in coolers for resting

### PROVIDE COOLING INTERVENTIONS

3

- Provide bandanas = aren't heavy and allows workers to move freely
- Used around neck area, helping maintain a core body temperature around 38 degrees Celsius

### ALLOW WORKPLACE MODIFICATIONS

4

- Allow Adjusted Work Hours: working in cooler parts of day
- Allow Task Rotation: rotating to avoid getting tired from same task
- Allow Workload Management: slowing down or working fewer hours

## INDIVIDUAL-LEVEL RECOMMENDATIONS

WHAT YOU CAN DO...

### HYDRATION

1

- Thirsty = dehydrated
- Drink water and maintain electrolyte balance
- Monitor pee color and smell
- Avoid energy drinks and alcohol



### CLOTHING

2

- Wear thin and light, breathable clothes to help body stay cool. Thicker clothing traps heat and make you feel hotter
- Broad-brimmed hats gives shade and protect the head from high heat

### TEAM MONITORING

3

- Help monitor each other by recognizing heat-related illness symptoms
- Can seek medical help when needed or work together to provide first aid
- In case of emergency or heat stroke, call 9-1-1 and inform supervisor



# IF YOU'RE WORRIED ABOUT WORKING CONDITIONS, YOU CAN REACH OUT TO:



## **CONTACTS**

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The Idaho Organization of Research Council: [admin@iorcinfo.org](mailto:admin@iorcinfo.org)

Curl Agricultural Health Lab: [CAHL@boisestate.edu](mailto:CAHL@boisestate.edu)

Latinx Farmworkers of Southern Idaho: [latinxfarmworkersofid@gmail.com](mailto:latinxfarmworkersofid@gmail.com)

- IG: latinxfarmworkers\_Idaho
- FB: Latinx farmworkers of Southern Idaho

## **WEBSITES**

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[Heat Stress - Recommendations | NIOSH](#)

[Preventing Heat Stress in Agriculture | US EPA](#)

[Heat Stress Guide | Occupational Safety and Health Administration](#)

[Heat and Health](#)

[Extreme Heat Safety - Red Cross](#)