

# Preventing Heat Stress During Dairy & Crop Work

## Why It Matters:

Heat stress can lead to heat exhaustion, heat stroke, and even death. Farm workers are at a high risk, especially during late summer and early fall.

## Key Safety Points:

- Hydrate frequently—drink water even before feeling thirsty.
- Take cooling breaks in the shade or air-conditioned areas.
- Wear lightweight, breathable clothing and a hat for sun protection.
- Recognize early warning signs: dizziness, heavy sweating, and nausea.
- If heat stroke is suspected call 911, move the person to shade, and cool them down immediately.

## Real-Life Risks:

- Every year, farm workers are hospitalized for severe dehydration and heat exhaustion.
- Heat-related illnesses can worsen over time if not properly treated.

## Discussion Questions:

- What are the best ways to stay cool while working long hours outside?
- How can we improve access to shade and hydration on our farm?