

Recognizing & Responding to Heat Stroke & Dehydration

Why It Matters:

Working in extreme heat can lead to heat exhaustion or heat stroke, which can be fatal if not treated quickly. Dehydration makes it harder for the body to regulate temperature, increasing the risk.

Key Safety Points:

- Drink water every 15–20 minutes, even if you're not thirsty.
- Wear light-colored, breathable clothing and take breaks in the shade.
- Recognize early signs of heat exhaustion: heavy sweating, dizziness, weakness, nausea.
- Heat stroke is a medical emergency: symptoms include confusion, hot/dry skin, and fainting.
- If heat stroke is suspected: Call 911, move the person to shade, and cool them down immediately with water, fans, or ice packs.

Real-Life Risks:

- Farmers have collapsed from heat stroke after long hours in the field without hydration.
- Even mild dehydration can cause dizziness and confusion, increasing the risk of accidents.

Discussion Questions:

- What are the best ways to prevent heat-related illnesses on our farm?
- How do we respond if we notice someone showing signs of heat stroke?