



# Tractor Talks

## Heat Exposure

Working outside when weather conditions are hot makes workers vulnerable to heat exposure, especially if they are new or haven't worked for a week or more. When working in hot environments:

- **Allow time to gradually become "acclimatized."** *New workers, and those who have been away for a while, need time to adjust to high temperatures. Less strenuous work, reduced work load and more breaks are necessary for the first couple of weeks.*
- **Drink WATER every 15 minutes.** *Your employer is required to provide drinking water.*
- **Rest in the shade to cool down.** *There should be somewhere workers can go to get out of the sun for breaks.*
- **Wear a hat and light-colored clothing.** *This will help deflect the heat. Dark colors tend to absorb the heat, leading to a greater risk of exposure.*
- **Keep an eye on yourself and fellow workers.** *Know the signs of heat illness and what to do in an emergency (see below). Report any symptoms as soon as they are noticed.*
- **Know your risk.** *Some health conditions can put workers at greater risk of heat-related illness. These include diabetes, kidney and heart problems, pregnancy, and being overweight.*

	Symptoms	Response
<b>Heat Exhaustion</b>	<i>Cool, moist skin, heavy sweating, headache, nausea, dizziness, thirst.</i>	<i>Move to shade, sit or lie down, drink cool water, notify supervisor.</i>
<b>Heat Stroke</b>	<i>Confusion, fainting, seizures, excessive sweating or dry, red, hot skin.</i>	<i>Call 911, move to shade, loosen clothing, provide water, apply cool water or cold packs, stay until help arrives.</i>

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