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Monthly Safety Blast

Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education

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Heat Stress

Don't let the heat get you down. Follow some simple guidelines when working or playing outside to avoid heat related illnesses.



STAY HYDRATED

There are millions of sweat glands in the body. The brain triggers our body to sweat to cool us off. However, when we sweat, we lose important electrolytes and water. In order for our body to function correctly, we have to stay hydrated by drinking plenty of water. Do not wait till you are thirsty however, because being thirsty can be a symptom of dehydration. NIOSH's rule of thumb is: drink 1 cup of water every 15 to 20 minutes.

STAY COOL

Anyone that is working or playing outside for a prolonged period of time should take regular shaded breaks. Work should be done in the early morning or evening hours to avoid the hottest times of the day. Use cooling towels or vests to reduce body heat.

There are many factors that can play into a person's risk factors for heat stress:

- Physical exertion
- Not staying hydrated
- Direct sun light
- Being young or elderly
- Certain medications
- Personal protection equipment and clothing
- High temperatures and humidity
- Not being acclimatized to the heat

Exposure to heat can result in illness, injury and/or death. Heat rashes, heat cramps, heat exhaustion and heat strokes can be prevented.



Visit <https://www.cdc.gov/niosh/topics/heatstress> to learn more about heat stress and recommendations to beat the heat!

Summer Heat!!! Take a dip in the pool, drink water and stay cool!!!



Take the [Heat Stress](#) quiz to test your knowledge!

Resources:

- <http://www.thinkslogans.com/slogans/safety-slogans/summer-safety-slogans/>
- <https://twitter.com/GoatUserStories/status/819247474565120002>
- <https://www.pinterest.com/pin/340795896781504260/>
- <https://www.cdc.gov/niosh/topics/heatstress>

Disclaimer: The facts and information listed above are merely suggestions for your safety, but are in no way a comprehensive and exhausted list of all actions needed to insure your safety.

Monthly Blast written by Megan Kelley, 2017 Noble Foundation/SW Ag Center Summer Intern

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Produced by the Southwest Center for Agricultural Health, Injury Prevention and Education. For more information, contact us at 903-877-5998 or by email to agcenter@uthct.edu.
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