
Occupational Safety and Health Administration

Controlling Heat Stress In Agriculture

KEY ELEMENTS

1. Drinking enough water to replace body fluid lost through sweating.
2. Gradually adjusting to working in the heat.
3. Taking periodic rest breaks in a shaded or air-conditioned area whenever possible.
4. Monitoring by supervisors of environmental conditions and workers.

BASIC STEPS

- Training in how to control heat stress and to recognize, prevent, and treat heat illnesses.
- Accounting for the weather, workload, protective gear to be worn, and condition of the workers.
- Determining minimum amounts of water workers should drink.
- Adjusting work practices for the conditions of each day.
- Giving first aid when workers become ill.

INDIVIDUAL RESPONSIBILITIES

- Carrying out instructions and training for controlling heat stress, including being alert to signs of heat illness in yourself and others.
- Drinking enough water before, during, and after work.
- Reporting and responding to heat stress problems.
- Personal health, not using drugs, getting adequate rest and sleep.

Taken from EPA/OSHA's "A Guide to Heat Stress in Agriculture." This card is also available in Spanish. The full Heat Stress Guide is available from the U.S. Government Printing Office (document number 055-000-00474-9). An English/Spanish summary chart is also available (document number 055-000-00544-3). For additional copies of this card in English, refer to document number 055-000-00557-5; in Spanish, document number 055-000-00558-3. To order, write GPO, Superintendent of Documents, Washington, DC 20402, or call (202) 512-1800.

