


Stay Sun Safe

Always take precautions when working in the heat or sun.



Agriculture workers are among the most vulnerable to extreme heat and sun.

National Institute of Health

RISKS of Heat and Sun Exposure

- Sunburn
- Burns from touching hot equipment
- Losing grip on tools and equipment from sweaty hands
- Impaired vision from foggy glasses or safety glasses
- Dizziness from heat or sun exposure leading to increased risk of falls and other accidents
- Heat-related rashes, cramps, exhaustion, and stroke



170,000

workers experience heat-related injuries each year*



35x

more likely for U.S. ag workers to die from heat stress than rest of workforce**

Know the SYMPTOMS of Heat-Related Illnesses

- Headache, dizziness, nausea, fainting, confusion, slurred speech
- Red clusters of small blisters
- Muscle cramps/pain
- Weakness or exercise intolerance
- Hot but dry skin or heavy sweating
- Asymptomatic – remember that someone suffering from heat-related illness may not show symptoms until it's too late

TIPS to Keep Workers Safe

- Limit time in heat and/or sun, wear sunscreen
- Modify work shifts earlier/later to reduce heat and sun exposure
- Wear loose-fitting, lightweight, light-reflective clothing
- Provide adequate supply of cool (59°F), clean water
 - Keep near the work area
 - Encourage workers to drink often
- Provide cool recovery areas and increase recovery time
- Increase airflow with the use of fans
- Train supervisors and workers on heat-related illness and symptoms
- Use a buddy system to look for and call out signs of heat-related illnesses

EFI provides training and a place for workers to have a voice in the farming operation. Worker-manager collaborative teams play a vital role in creating safer and healthier workplaces. Learn more at equitablefood.org.

Sources: *Public Citizen **Front Public Health

