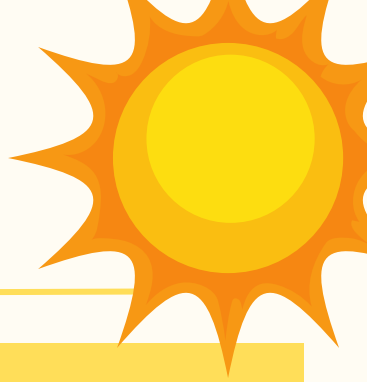


Stay Sun Safe

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



RISKS of sun exposure

- Sunburn and/or burns from touching hot equipment
- Dizziness and/or losing grip on tools and equipment from sweaty hands
- Heat-related rashes, cramps, exhaustion and stroke



20x

more likely for U.S. ag workers to die from heatstroke than all U.S. civilian workers**

170,000 workers experience heat-related injuries each year***

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

When these types of symptoms are present, call 911 immediately and cool the worker with ice or cold water until help arrives.

TIPS

to keep workers safe

- Limit time in heat and 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 near the work area and encourage workers to drink often
- Provide cool recovery areas and increase recovery time
- Train supervisors and workers on heat-related illness and symptoms



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.