



Agribusiness & Food Solutions

Safety & Loss Prevention: Heat Stroke

Heat exhaustion occurs when people are exposed to high temperatures for extended periods of time without hydration. Heat stroke is the most serious heat-related illness and requires immediate medical attention. Symptoms include confusion, headache, fainting, seizures, very high body temperature and hot, red, dry skin or profuse sweating. **CALL 911 if anyone shows signs of heat stroke.**

According to the Department of Labor, 2,630 workers suffered from heat illnesses in 2014 alone and 18 of those died from heat stroke and related causes.



Stay Hydrated

Staying hydrated is key to preventing heat illness. It is recommended that employees drink a least a quart of fresh cool water every hour. **Employees should not wait until they feel thirsty but rather drink water constantly.**



Get Rest

Rest allows your body temperature to cool down and recover. Frequent breaks under shade are recommended when working in hot conditions. **When temperatures are above 95 degrees 10 minute rest breaks are required every two hours of work.**



Provide Shade

Shade is required at or above 80 degrees. Provide shaded areas where employees can take breaks. Have shade available for emergencies. **If a worker is not accustomed to hot conditions, employers should gradually increase daily time spent in hot conditions.**

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