

# Agricultural Safety

Preventing heat stress

## Preventing Heat Stress

- Drink plenty of water throughout the day.
- Take regular breaks - in the shade, if possible.
- Wear lightweight, light-colored, loose-fitting, breathable clothing.
- Wear a hat with a wide brim or bill.
- Avoid alcohol, caffeinated drinks, and heavy meals.
- Know the symptoms- headache, nausea, dizziness, weakness, irritability, profuse sweating, and thirst.
- Notify your supervisor immediately if you or others show signs of heat stress.



Provided by ICW Group Workers' Compensation, Risk Management Services