Heat Stress in Agriculture

Factors Leading to Heat Stress

🌞 High temperature
🌞 Direct sun or heat
🌞 High humidity
🌞 Limited air movement
🌞 Physical exertion
🌞 Poor physical condition
🌞 Some medication
🌞 Workload
🌞 Clothing
🌞 Medical conditions
🌞 Dehydration
🌞 Low heat tolerance

Types of Heat Stress

🌞 Heat faint
🌞 Heat Rash
🌞 Heat Cramps
🌞 Heat Exhaustion
🌞 Heat Stroke

Preventing Heat Stress

🌞 Know signs and symptoms
🌞 Acclimatize
🌞 Work in coolest part of day
🌞 Do not work alone
🌞 Wear a hat
🌞 Block out direct sun or other heat sources
🌞 Drink water frequently
🌞 Take rest breaks out of the heat
🌞 No big meals, caffeine, or alcohol
🌞 Wear light coloured, loose, fitting clothing

Heat disorders can be a very serious medical emergency