

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

**Heat disorders can be a very
serious medical emergency**



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