



RESOURCES

In an emergency, call 911 (US) or 060 (Mexico) to receive medical attention for a heat related illness

For more information on heat stress or voice a concern about unsafe working environments, contact the numbers below.

Occupational Safety and Health Administration (OSHA)

To file a complaint or to report any unsafe working environment contact:
1-800-321-6742

National Center for Farmworker Health

To seek medical attention visit the Directory of Migrant Health Centers. People will not be turned away based on immigration status.
1-800- 321-6742

Visit us online at www.afop.org or check us out on Facebook (AFOP Health and Safety) and Twitter (@AFOPHealth).

"We are confident. We have ourselves. We know how to sacrifice. We know how to work. We know how to combat the forces that oppose us. But even more than that, we are true believers in the whole idea of justice. Justice is so much on our side, that that is going to see us through."

-César Chávez, farmworker activist



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Proyecto Sol

Protect Yourself from Heat Stress

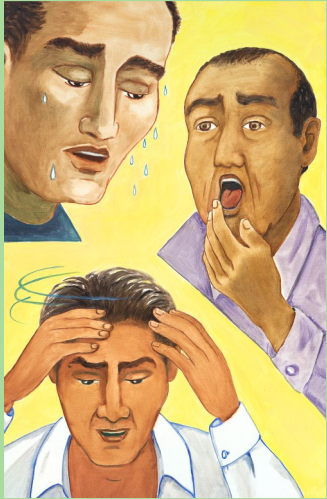


Tips and resources on how you can prevent heat stress at work.

What is Heat Stress

Heat stress occurs when your body's temperature rises and is unable to cool itself down. This can happen when you work in the fields, orchards, and greenhouses if it is hot outside.

Symptoms



- Excessive sweating
- Extreme thirst
- Dry mouth
- Pale, moist skin
- Headaches
- Irritability
- Rapid breathing
- Cramps or nausea
- Confusion or aggressive behavior
- Seizures or convulsions
- Unresponsiveness

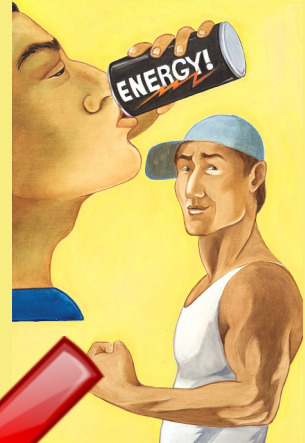


How to Prevent Heat Stress

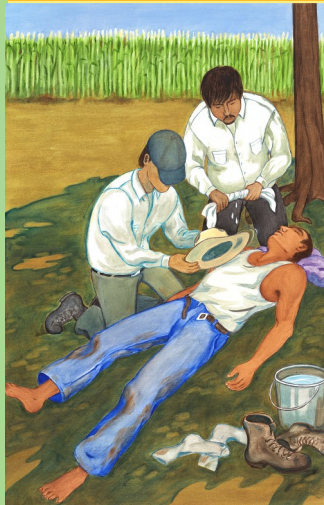


- Wear loose-fitting and lightly colored clothing when working
- Wear long sleeve shirts and pants to prevent sun exposure
- Wear a hat or cap with a brim
- DRINK, WATER before work, during work, and after work

- DO NOT wear dark colored heavy clothing when working in the sun
- DO NOT DRINK sodas, alcohol, or energy drinks of any kind while working in the heat



Helping Someone with Heat Stress



- Move the person to shade (DO NOT put the person inside a car)
- Cool the person down by giving them water to drink
- Loosen clothing around the neck, chest, and waist
- Remove the person's socks and shoes
- Cool the person down quickly by applying wet towels to their body, elevate the person's legs, and call for medical care immediately

