Montana Ag Safety Program

Summer Season Safety - Heat

Water. Rest. Shade.

Prevention is the key to reducing heat-related illnesses. While it is not always possible to avoid working during the period of most intense heat during the day, there are steps that can be taken to make it more bearable.

- Ensure an adequate supply of drinking water. Consider an electrolyte drink during periods of prolonged sweating but avoid drinks with a high sugar or caffeine content.
- Drink before you are thirsty. A good rule of thumb, drink one cup of water every 15 minutes.
- Wear loose-fitting light-colored clothing, a hat (wide-brimmed with a neck shield is ideal), sunscreen, and sunglasses. Reapply sunscreen as indicated.
- Check the weather frequently as conditions can quickly become extreme.
- Seek natural areas of shade or consider creating areas of shade where none exist.
- Rest in a cool area.
- Know the signs and symptoms of heat related illness and take corrective action quickly.
- -Heat stroke can be fatal if not treated – seek medical attention if you notice sudden onset of nausea, extremely elevated body temperature, confusion or anger, throbbing headache, rapid pulse, slurred speech, or loss of consciousness.

Adjust work as possible and set realistic pace expectations, no task is more important than your life.

Heat Illness	Symptoms	Proper Treatment
Heat Rash	Red, blotchy skin rash or areas with clusters of pimples or small blisters	Affected area should be kept dry, and treat with corn starch or powder. Rest in a cool place.
Heat Syncope	Lightheaded, fainting, or dizziness	Move victim to a cool place; they should lie down and elevate their feet. Give the victim plenty of cool fluids.
Heat Cramps	Pain in stomach and/or legs	Stop activity and drink plenty of water. Massage affected muscles.
Heat Exhaustion	Cool, pale, clammy skin; dizziness; headache; cramps; nausea or vomiting; weakness; confusion or unconsciousness	If conscious, give plenty of cool fluids. Remove excess clothing and apply cool compresses. Contact emergency medical services.
Heat Stroke	Hot, dry skin; temperature of 105 degrees or higher; confusion; anger; chills; nausea; dizziness; unconsciousness, convulsions;delirium	Immediately contact emergency medical services. Move the person to a cool place and keep their head and shoulders elevated. Remove outer clothing and cool the body (e.g., cool water, wet towels or sheets, or immersion).

*Table from Penn State Extension

These safety rules have been written and provided to you for your safety. Your signature below indicates you have read and understand these rules, and further, that you accept the responsibility of always using good judgment to make workplace safety your number one priority.

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