

## Summer Farming Heat Safety Tips

The summer months are not only the busiest for farmers but also the hottest. Prolonged exposure to excessive heat can cause heat exhaustion, heat stroke, heat cramps and even death. Here are a few tips to prevent excessive heat while on the farm.

**STAY HYDRATED:** Staying hydrated is the best and most important way to prevent and reduce the risk of heat-related illness. As you age, your ability to sweat decreases, so individuals over the age of 40 are advised to take extra precautions to prevent overheating. It is advised to drink one cup of water every 15-30 minutes while working in the heat.

**TAKE BREAKS:** For every two hours of work, a 15-minute cool down session should take place in a shaded and/or cooled area. Use this time to hydrate and rest to prevent heat stroke.

**LIGHTWEIGHT CLOTHING:** It is best to wear light-colored, light weight and loose clothing when working in extreme heat conditions. Although it may be tempting to wear less clothing, it is important to make sure your skin is properly protected against sun exposure.

**SUN DAMAGE:** Long-term sun exposure can increase the risk of skin cancer for all skin types. Wearing waterproof sunscreen SPF 15 or greater can reduce the risk of skin damage when working outdoors. Wearing sunglasses can protect your eyes from prolonged sun exposure.

**WORKING OUTDOORS:** The hottest time of the day in the summer is 10 a.m. to 3 p.m. It is best to schedule strenuous work for the morning and evening hours, including work requiring heavy machinery.

