Talk About It

Staying Safe While Working in Hot Weather

Even though it's hot, I'm picking a lot of blueberries!
Me too!
I'm picking more! Looks like I'm going to outpick all of you today!
Back to work!
I'm so dizzy and my legs are cramping up. I feel like I need to throw up.
C'mon, man! Stop pretending!
He's sick because of the heat. We need to get him somewhere to cool off.
Move him over there to the shade. Put cold water on his bandana and put it on his skin.

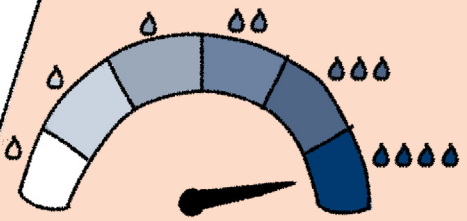
He seems worse. He is slurring and confused.
He looks awful. I will take him to the hospital.
Turn up the AC in the truck!
You had a close call today, Mr. Garcia. When you got here you were experiencing a medical emergency caused by the heat. This can permanently damage your body and even cause death.
I have worked in the heat before but have never felt like that.

Michigan is getting hotter and heat is very dangerous to your health.

But I am from Mexico! It's hotter there.

Humidity + Hot temperatures

Michigan is very humid. High humidity plus hot temperatures can become dangerous for everyone, even you.



You are only 30 years old, but you work outside and it was very humid today. Working and exercising in these conditions can increase your risk of heat-related illness.

Heat and dehydration can lead to heat illness, which is what you experienced today. Experiencing heat illness over and over can strain your body and cause long-term health problems.
Little steps, like cooling off in the shade and drinking water when you begin to feel weak will protect you in the long run.
Did you drink lots of water today?
I drank an energy drink.
Energy drinks are not good for keeping you hydrated. In fact, they can dehydrate you faster. You should drink water multiple times each hour. If you can, you should also eat snacks during the day to replace the salt you lose through sweat.

MDHHS
Michigan Department of Health & Human Services

Climate and Health Quick Reference Guide

MDHHS Michigan Department of Health & Human Services

Heat Health and Safety

Heat is the leading cause of weather-related deaths in the United States. If you work outside or at indoor places without cooling, there are things you can do to protect yourself from the heat.

Plan:

- Ask the crew leader/supervisor if there is a heat plan at your workplace and when it needs to be used.
- If you take medications or have a pre-existing health condition, ask your doctor if you are more sensitive to heat.
- Have a buddy system in place and use it on days when conditions might cause heat illness. Work close to that person and check in with them regularly to see how they are feeling. Encourage each other to stay healthy.

Monitor:

- Keep an eye on the weather forecast. Use phone apps such as the NIOSH-OSHA Heat Safety Tool (EH.michigan.gov/CDC-HeatSafetyTool) that keep you informed about weather conditions.
- Be aware of your health and the health of your co-workers.

These symptoms can be a sign of heat illness.

Heat Exhaustion Symptoms

Faint or dizzy.

Excessive sweating.

Cool, pale clammy skin.

Nausea or vomiting.

Rapid pulse.

Muscle cramps.

Heat Stroke Symptoms

Confusion, disorientation.

Very high body temperature.

Red, hot skin may be dry or sweaty.

Nausea or vomiting.

Rapid pulse.

May lose consciousness.

Act:

Prevent heat illness	Treat heat exhaustion	Treat heat stroke

• Take breaks in the shade.
• Take breaks more often when it is very hot and humid.
• Wear loose fitting clothes.
• Drink at least one cup of water every 20 minutes.
• Avoid sugary and energy/alcoholic drinks.
• Crew leaders/ supervisors should try to schedule heavy work for the coolest parts of the day.
	• Move to a cool place.
	• Loosen clothing.
	• Help lower the person's temperature with cool cloths or a cool bath.
	• Drink cool water.
	• Get medical help if any of the following happen:
	  • Person throws up or cannot drink.
	  • Symptoms get worse.
	  • Symptoms last longer than one hour.
		• **Call 911 right away.**
		• Move the person to a cooler place.
		• Help lower the person's temperature with cool cloths or a cool bath.

Resources that can help protect your health

It can be difficult to ensure your workplace has a heat safety plan in place. If you have questions about support services available to you while you are working in Michigan, call 1-833-742-9832 (1-833-SIAYUDA) or email MDHHS-Farmworker-Services@michigan.gov.

The National Center for Farmworker Health at NCFH.org also has many resources to help farmworkers access health care. Visit the Occupational Health & Safety Resources page at EH.michigan.gov/NCFH-Resources for information on heat illness, wildfire smoke and more.

MDHHS-Pub-2344 (1-26)

MDHHS
Michigan Department of Health & Human Services

The Michigan Department of Health and Human Services (MDHHS) does not discriminate against any individual or group on the basis of race, national origin, color, sex, disability, religion, age, height, weight, familial status, partisan considerations, or genetic information. Sex-based discrimination includes, but is not limited to, discrimination based on sexual orientation, gender identity, gender expression, sex characteristics, and pregnancy.