



# Safety Training for Ag Workers

## HEAT-ILLNESS PREVENTION PROCEDURES

During certain times of the year, employees may work in hot temperatures and be exposed to the risk of heat-related illness. To help protect employees from heat-related illness, the Company has designated [name] \_\_\_\_\_ to monitor its Heat-Illness Prevention Program.

The Company has established these heat-illness prevention procedures:

- Before working outdoors, employees will be trained in heat-illness prevention.
- Where feasible, working hours will be modified so employees can avoid working during the hottest part of the day.
- Where a modified or shorter work shift is not possible, more water and rest breaks will be provided.
- Supervisors will monitor employees and be alert to notice the presence of heat-related symptoms.
- Supervisors will carry cell phones or other means of communication to ensure that emergency services can be called if necessary and, before each shift, will ensure the phones work.
- Employees will be reminded at the start of their shifts of emergency procedures and the address of and directions to the worksite.

To reduce the risk of heat-related illness and respond to possible symptoms of heat-related illness, these steps will be taken:

- Supervisors are responsible to do the following:
  1. Monitor their subordinates, especially during hot work days, for signs of heat stress and illness. Employees also must be especially aware of signs of heat illness.
  2. Ensure that an adequate amount of water is available to employees during the workday by monitoring the water supply periodically.
  3. Ensure that employees suffering from heat illness or believing a preventative recovery period is needed are provided access to an area with shade that is either open to the air or provided with ventilation or cooling for a period of at least five minutes.
  4. Provide new employees with heat-illness prevention training, which shall include a review of the Company's emergency procedures.

To ensure emergency medical services are provided without delay, these steps will be taken:

- The company arranges for emergency medical services at the start of each production season. The phone number of emergency medical responders is given to supervisors along with a means to contact them if necessary.
- Supervisors will:
  1. Monitor their subordinates, especially during hot work days, for signs of heat stress and illness. (Employees also must be especially aware of signs of heat illness.)
  2. Have a way to communicate with emergency medical services.
  3. Know the location where employees are working, including the address or highway coordinates, ensuring that emergency medical providers will receive good directions to the work site.
  4. Ensure when working in remote areas that at least one person is trained in first aid per every 20 employees.
  5. Check on each employee periodically for signs of heat stress or illness.
- Supervisors will be aware of these subjects:
  1. Signs of heat-illness symptoms
    - A. General discomfort, loss of coordination and stamina.
    - B. Weakness, poor concentration, irritability, muscle pain and cramping.
    - C. Fatigue, blurry vision, headache, dizziness, nausea, vomiting, confusion, and unconsciousness.
  2. Procedures to follow when an employee is exhibiting symptoms of heat illness:
    - A. Have the employee rest in a shaded area.
    - B. Have the employee drink fluids, preferably water.
    - C. Apply cool, wet cloths, such as towels or sheets, or splash cold water on the body.
    - D. Massage legs and arms. Let the employee rest in a comfortable position, and watch carefully for changes in their condition.
    - E. Tell your supervisor as soon as possible about the situation or call for help.
  3. Procedures to follow when an employee is exhibiting severe heat-illness symptoms such as nausea, vomiting, confusion or unconsciousness:
    - A. Get the employee to a shaded area.
    - B. If the employee is conscious, have the employee drink fluids, preferably water.
    - C. Reduce body temperature by loosening or removing clothing and shoes.
    - D. Apply cool, wet cloths, such as towels or sheets, or splash cold water on the body and fan vigorously.
    - E. If the victim vomits, stop giving fluids. Position the victim on the side. Make sure all vomit is cleared from the mouth and nose to prevent choking. Watch for breathing problems. Keep the victim lying down.
    - F. Immediately call for emergency medical assistance. While awaiting or during transport, elevate the legs about 12 inches.



To ensure employees are trained, these steps will be taken: \_\_\_\_\_

To ensure supervisors are provided training, these steps will be taken: \_\_\_\_\_