

Heat Stress and Hydration

Wednesday, 3/6/19

facebook

1. Sunburn can restrict your body from releasing heat! Reduce your risk by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out.
<http://bit.ly/CDCHeatDangers>
#KeepFarmsSafe #ASAP19 #USAgCenters @AmericanFarmBureau
2. Knowing when preventative measures should be taken in the heat can be hard to determine. OSHA-NIOSH has created the Heat Safety Tool app to help you keep your employees safe while working in the sun.
<http://bit.ly/NIOSHHeatSafetyApp>
#KeepFarmsSafe #ASAP19 #USAgCenters @AmericanFarmBureau
3. Water is essential for your body to be happy and healthy. Consider freezing water bottles and packing them into a cooler for a long trip or work day. As they melt, you'll have cold water to stay hydrated all day.
<http://bit.ly/CDCDrinkingWater> #KeepFarmsSafe #ASAP19 #USAgCenters @AmericanFarmBureau
4. @Grainger has products that can help prevent heat stress such as cooling vests, headbands, water coolers and ice packs. Make sure to gear your employees and family with the necessary items for the coming months.
<http://bit.ly/GraingerHeatStress>
#KeepFarmsSafe #ASAP19 #USAgCenters @AmericanFarmBureau
5. Do you know what the four types of heat illness are? Would you know what to do if someone near you started to experience a heat-related illness? @PNASHcenter explains how to deal with the different types here:
<http://bit.ly/PNASHHeatIllness>
#KeepFarmsSafe #ASAP19 #USAgCenters @AmericanFarmBureau

twitter

6. Sunburn can restrict your body from releasing heat! Reduce your risk by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. <http://bit.ly/CDCHeatDangers>
#KeepFarmsSafe #ASAP19 #USAgCenters @FarmBureau
7. Knowing when preventative measures should be taken in the heat can be hard to determine. OSHA-NIOSH has created the Heat Safety Tool app to help you keep your employees safe while working in the sun.
<http://bit.ly/NIOSHHeatSafetyApp>
#KeepFarmsSafe #ASAP19 #USAgCenters @FarmBureau
8. Water is essential for your body to be happy and healthy. Consider freezing water bottles and packing them into a cooler for a long trip or work day. As they melt, you'll have cold water to stay hydrated all day.
<http://bit.ly/CDCDrinkingWater> #KeepFarmsSafe #ASAP19 #USAgCenters @FarmBureau
9. @Grainger has products that can help prevent heat stress such as cooling vests, headbands, water coolers and ice packs. Make sure to gear your employees and family with the necessary items for the coming months.
<http://bit.ly/GraingerHeatStress>
#KeepFarmsSafe #ASAP19 #USAgCenters @FarmBureau
Do you know what the four types of heat illness are? @PNASHcenter explains how to deal with the different types here: <http://bit.ly/PNASHHeatIllness> #KeepFarmsSafe #ASAP19 #USAgCenters @FarmBureau

Photos for each day's theme can be found [here](#).