Heat Illness

Ag workers are at particular risk for heat illness because of exertional heat stress.

Like athletes, during hard work, heat is built-up in the body.

This, plus the external (environmental) sources can cause heat-related illnesses.

Heat illness occur when the body can no longer cope, and the body's physical and mental functions break down.

AgHealth
Central States
Center for Agricultural Safety and Health

HEAT INDEX											
ENVIRONMENTAL TEMPERATURE (°F)											
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°
Relative Humidity	Apparent Temperature *										
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	107°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	116°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°		
40%	68°	74°	79°	86°	93°	101°	110°	123°			
50%	69°	75°	81°	88°	96°	107°	120°				
60%	70°	76°	82°	90°	100°	114°					
70%	70°	77°	85°	93°	106°	124°					
80%	71°	78°	86°	97°	113°						
90%	71°	79°	88°	102°	122°						
100%	72°	80°	91°	108°							

*Combined index of heat and humidity...what it "feels like" to the body. Source: National Oceanic and Atmospheric Administration

OSHA Heat Index Guidelines

HEAT INDEX	RISK LEVEL	PROTECTIVE MEASURES
Less than 91°F	Lower(Caution)	Basic heat safety and planning
91 to 103 °F	Moderate	Drink ~4 cups of water/hour Take breaks as needed
103 to 115 °F	High	Drink water every 15-20 minutes Take frequent breaks Schedule heavy work tasks when the heat index is lower
Greater than 115 °F	Very hight to extreme	Drink water frequently Reschedule non-essential heavy work if possible Alert workers to heat index for the day and identify precations in place including who to call for medical help

This guidance is available online at www.osha.gov/SLTC/heatillness/heat_index