

# HEATH STRESS IN AGRICULTURE



## If you are a worker

Certain climate conditions, such as **“heat stroke”**, can negatively affect the human organism. The consequent increase of the temperature can impact workers health, especially when combined with high level of air humidity and **if the work take place under the direct sun.**

Some **individual factors can contribute to the development of heat stroke:** age, excessive thinness or obesity, medications that can increase the susceptibility to heat, pre-existing general clinical conditions that weaken the body, individual hypersensitivity.

**1**

### DON'T UNDESTIMATE

any symptoms, if it's too hot and you are not feeling well

**2**

### BE CONCERNED IF

you have a headache, any dizziness, difficulty in breathing, cramps and palpitations

**3**

### IMMEDIATELY WARNS

a colleague, your employer or anyone who can help you



**Drink small amount of water frequently, even if you are not thirsty, and avoid alcohol**



**Take breaks in shaded areas**



**Eat light meals and plenty of fruits and vegetables**



**Cover your head and wear appropriate clothing**

# If you are an employer

## Useful Elements to Assess the Risk of Heat Stroke:

Check daily meteorological conditions by consulting weather reports and data from heatwave prediction systems.

Use Worklimate (INAIL and CNR-IBE) and its alert predictive platform: a heat-alert system featuring national forecast risk maps for workers who are not acclimatized to heat, specific to the each occupational sector.

The web platform Worklimate is available at:

<https://www.worklimate.it/scelta-mappa>

## How to organise outdoor work

- Take advantage of cooler hours to work in direct sunlight
- Schedule shifts for heavier tasks
- Provide short but frequent breaks
- If shaded areas are unavailable, arrange temporary shelters
- Provide room temperature water, not too cold
- Inform your workers about preventive measures and help them respect them!



## MAIN FIRST AID MEASURES

- Call **112/118**
- Notify the First Aid Officer immediately
- Move the worker to a cooler and shaded place, lay them down if dizzy or on their side if nauseous.
- Loosen or remove excess clothing
- Sponge the forehead, nape and extremities with cool water
- Provide ventilation to the worker
- If the worker is conscious, give sips of water or a saline solution, every 15 minutes in small amounts
- Keep the worker at complete rest

## INSIGHTS AND CONTACTS

**ATS Pavia:** <https://www.ats-pavia.it/agricoltura>

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