

# HEAT & SUN SAFETY



AgHealth  
Central States  
Center for Agricultural  
Safety and Health

University of Nebraska  
Medical Center™

## HEAT SAFETY

When it is extremely hot and humid, your body can have a hard time cooling itself. When your body temperature rises you may experience a heat-related illness. Know the symptoms and recommended first aid steps for heat-related illnesses like heat cramps, heat exhaustion, and heat stroke.

You may see **heat cramps** before heat exhaustion or stroke. These feel like painful muscle cramps and spasms and heavy sweating. Apply firm pressure to cramping muscles or gently massage to relieve spasms, and sip cool water.

### Heat Exhaustion

#### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*



### Heat Stroke

#### ACT FAST

## CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Confusion*

*Dizziness*

*Becomes Unconscious*

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!



Source: National Weather Service. <https://www.weather.gov/safety/heat-illness>

## GET IN TOUCH

402-552-3394  
[go.unmc.edu/cs-cash/cs-cash-contact](http://go.unmc.edu/cs-cash/cs-cash-contact)  
 [go.unmc.edu/cs-cash](http://go.unmc.edu/cs-cash)

UNMC College of Public Health  
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@unmccscash

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# SUN SAFETY

Ultraviolet (UV) rays from the sun can cause harm to your skin and eyes. Sun exposure is highest during the summer between 10:00 AM and 4:00 PM, even on cloudy days. Being in the sun too much and cause skin cancer, lip cancer, eye damage, aging skin, and more. Take measures to protect yourself from sun exposure.

## QUICK FACTS

- Sun exposure is highest during the summer and between 10:00 AM and 4:00 PM.
- Snow and light-colored sand reflect UV light and increase the risk of sunburn.
- You are at risk for sunburn even on cloudy days.
- Some medications increase sensitivity to sunlight - always read the label.

### FOR EMPLOYERS\*

Protect your workers from sun exposure:

- Avoid scheduling outdoor work when sun exposure is at its peak when possible.
- Provide shaded or indoor break areas.
- Provide training to workers about sun exposure (their risk, prevention, and signs of overexposure).

### FOR WORKERS\*

Protect yourself from sun exposure:

- Wear a minimum of SPF 15 that is not expired.
- Apply sunscreen at least 20 minutes before sun exposure, paying special attention to ears, scalp, lips, neck, tops of feet, and back of hands.
- Reapply sunscreen every 2 hours.
- Wear dark clothing with a tight weave, or high-SPF clothing.
- Wear wide-brimmed hats and sunglasses with high UV protection and side panels.

## ADDITIONAL RESOURCES

Scan QR codes using your smart phone's camera to access the links.



National Weather  
Service  
Heat Safety  
Resources



OSHA-NIOSH  
Heat Safety  
Tool App



NIOSH  
Sun Exposure  
Resources




Great Plains  
Center for  
Agricultural  
Health



American  
Cancer Society  
Skin Cancer  
Prevention

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