



## **A MINUTE OF HEALTH WITH CDC**

### ***Beat the Heat***

*Heat-Related Deaths Among Crop Workers — United States, 1992–2006*  
*Recorded: June 24, 2008; posted: June 26, 2008*

*This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.*

During the hot, hazy days of summer, working under the blazing sun can be deadly. Heat-related illnesses have claimed hundreds of lives. A recent CDC study found that crop workers die from heat stroke at a higher rate than those in other jobs. Outdoor workers should be aware of early signs of heat-related illness: heat rash, paleness, thirst, nausea and vomiting, heavy sweating, fatigue, and fainting. Later signs include red, hot, dry skin without sweating; as well as confusion and agitation. Employers need to ensure that their workers have plenty of water and allow frequent breaks out of the sun. A moment in the shade and a bottle of water could save a life.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.