



# FLY SAFE CAMPAIGN

MAINTAIN ACCIDENT AWARENESS  
DON'T BECOME A STATISTIC!



AgAviation.org/flysafe

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**13** Ag Accidents reported by NTSB this year  
**2** Fatalities

## TAKE CARE OF YOURSELF WHEN IT'S HOT – KNOW THE SIGNS AND TREATMENTS FOR HEAT RELATED ILLNESSES

Heat related illness is a risk for all employees at ag aviation operations. Peak application timing often coincides with the hottest months of the year in many areas, and long hours and physical exertion contribute to the chances of someone having a heat related medical issue. Watch for signs in yourself and your coworkers. After experiencing thirst, heat cramps are the first level of heat illness and are the result of your body losing salt and water because of sweating. They can be common in leg or abdominal muscles. This is the first sign that the heat is affecting you, and a warning to take steps to cool off and hydrate.

If early signs are ignored, more severe heat exhaustion can follow. Symptoms include weakness, moist skin, becoming irritable or confused, upset stomach or vomiting, headaches, dizziness, having blurred vision, and a rapid pulse. When you begin exhibiting any of these symptoms, you should immediately begin treatment. Move into a shaded area or air-conditioned location. Take small amounts of water steadily – your body can absorb smaller amounts of water more quickly than large amounts. If available, use a sports drink for electrolyte replacement. Remove or loosen any unnecessary or restrictive clothing and apply wet towels to accelerate cooling.

If heat exhaustion is not dealt with it can lead to heat stroke, the most severe heat illness. At this point, medical care is required urgently as heat stroke can result in death if not treated. A red face and hot dry skin with no sweating are very visible symptoms of heat stroke, as are shivering, seizures or convulsions. More severe confusion, disorientation and erratic behavior are also signs. If you suspect heat stroke, begin cooling immediately and seek medical attention – do not delay. The best strategy for heat illnesses is prevention – when temperatures are high, stay hydrated and take breaks to cool off.

### Check TFRs

Always check Temporary Flight Restriction (TFR) NOTAMs before flying! Make sure you have proof of a preflight TFR briefing from sources such as FSS or <https://www.1800wxbrief.com>

### Don't Forget to Communicate

Communicate with other ag aircraft using 122.925 MHz – limit your transmissions to announcing who you are, where you are, and what you plan to do.

**Make a *Fly Safe* Resolution Today!**