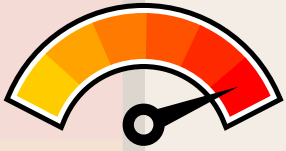


# HEAT STRESS IN YOUR BEEF HERD: PREVENTING "WELL DONE" STEAKS ON THE HOOF



What is heat stress?

Heat stress occurs when cows can't get rid of the heat they create or can't stop absorbing heat from the environment.

**Alert 75 - 78 degrees F**  
**Danger 79 - 83 degrees F**  
**Emergency > 83 degrees F**



Intake of feed



Intake of water



**Normal 90 breaths/min**  
**Alert 90 - 110 breaths/min**  
**Danger 110 - 130 breaths/min**  
**Emergency > 130 breaths/min**



BCS &  
rate of  
gain



Sickness



Pregnancy  
Rates



Low stress  
handling



Healthy  
calves



Working when it's cool



Feeding when it's cool



Better Marbling



Better fertility

**Normal < 75 degrees F**