

Heat Stress

Factors Leading to Heat Stress

Environmental

- High air temperature (above 90 F)
- Relative humidity above 40%
- Radiant heat from the environment
- Use of non-breathable clothing, some PPE
- The physical effort needed for the work

Personal

- Poorer general health
- Dehydration
- Caffeine consumption
- Prior heat illness
- Medication that impacts water retention

Preventing Heat Stress

- Wet-bulb globe temperature testing to identify problem areas or activities by EHS
- Wear long pants and sleeves of loose, breathable material.
- Drink plenty of water, in frequent intervals. The recommendation is 8 ounces of water every 15 minutes during moderate activity.
- Avoid caffeinated beverages
- Eat regular meals

Symptoms of Heat Exhaustion

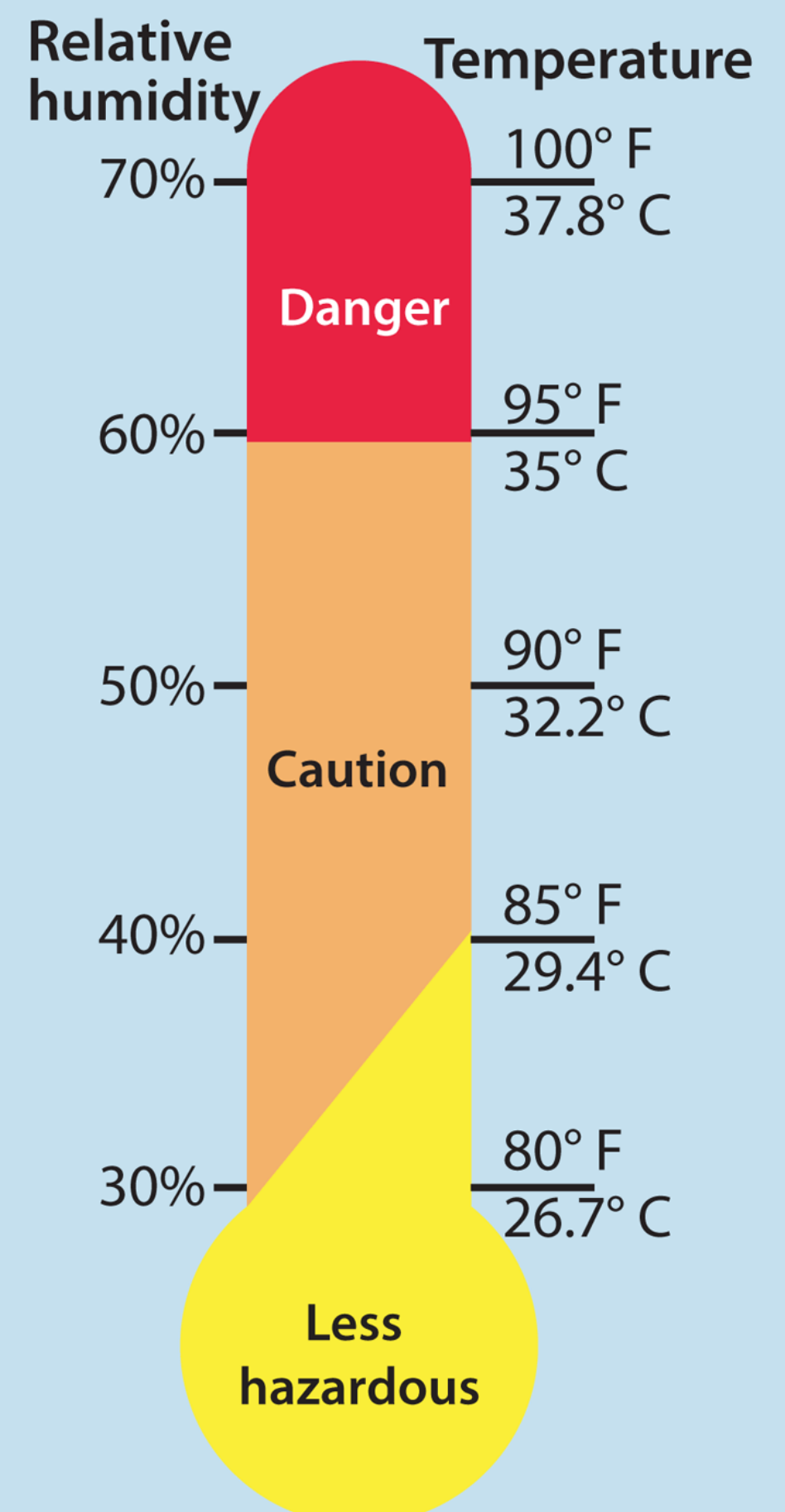
- Headaches, dizziness, lightheadedness, fainting
- Weakness & moist skin
- Mood changes, irritability
- Upset Stomach & Nausea

Symptoms of Heat Stroke

- Dry, hot skin with no sweating
- Mental confusion or loss of consciousness
- Seizures or fits
- Signs similar to a heart attack

The Heat Equation

$$\begin{array}{l} \text{High temperature} \\ + \text{High humidity} \\ + \text{Physical work} \\ \hline \text{Heat Illness} \end{array}$$



Source: U.S. Department of Labor, Occupational Safety and Health Administration