

The Impacts of Heat on Your Health

“Heat is the leading cause of weather-related deaths in the United States, surpassing hurricanes, tornadoes, and floods.”

-National Weather Service

HEAT'S EFFECTS ON YOUR BODY

- Heat decreases cognition and alertness.
- Heat increases stress on the cardiovascular system.
- It increases oxygen demand in the body.
- Increase the risk of stillbirth and preterm labor.
- It damages the kidneys and liver from dehydration
- Worsens pre-existing conditions in all organs.
- Heat causes a decrease in food security for grain, dairy, and beef.
- It increases ground-level ozone, which causes respiratory disease.

HOW TO STAY COOL

- Avoid excess heat exposure.
- Take frequent breaks from strenuous activity.
- Plan activities for cooler times of the day.
- Stay well hydrated.
- Wear light, loose-fitting clothes.
- Wear head coverings, like hats with brims.



Tools to Prevent Heat Illness



Relative Humidity (%)	NWS Heat Index															
	Temperature (°F)															
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	138
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

■ Caution
 ■ Extreme Caution
 ■ Danger
 ■ Extreme Danger

OSHA-NIOSH HEAT SAFETY TOOL APPLICATION

- Offers real-time heat index
- Gives hourly forecasts
- Has safety recommendations for outdoor work activities.

The National Weather Service Heat Index helps keep you safe by rating the safety of temperatures.

To Learn More

