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 dehvdration
- 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

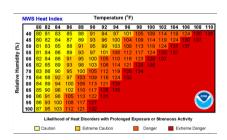
- Avoid excess heat exposure.
- Take frequent breaks from strenuous activity.
- Plan activities for cooler times of the day.
- Stav well hydrated.
- Wear light. loose-fitting clothes.
- Has safety

- Wear head coverings, like hats with brims,



Tools to Prevent Heat Illness





OSHA-NIOSH HEAT SAFTEY TOOL APPLICATTION

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

The National Weather Service Heat Index helps keep vou safe by rating the saftey of temperatures.



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