

# The Impacts of Heat on Your Health

According to the National Weather Service, heat is the leading cause of weather-related deaths in the United States, surpassing hurricanes, tornadoes, and floods.

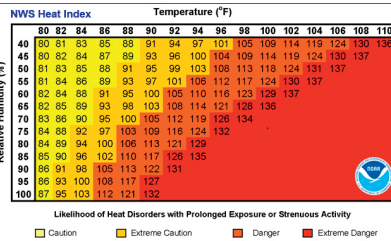


## Tools to Prevent Heat Illness

Heat Cat.	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work / Rest	Water Intake (Q2H)	Work / Rest	Water Intake (Q2H)	Work / Rest	Water Intake (Q1H)
1	78°F - 81.9°F	NL	1/2	NL	3/4	40/20 min	3/4
2	82°F - 84.9°F	NL	1/2	50/10 min	3/4	30/30 min	1
3	85°F - 87.9°F	NL	3/4	40/20 min	3/4	30/30 min	1
4	88°F - 89.9°F	NL	3/4	30/30 min	3/4	20/40 min	1
5	>90°F	50/10 min	1	20/40 min	1	10/50 min	1

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

The Wet Bulb Globe Temperature (WBGT) is a heat stress indicator for active individuals that utilizes temperature, humidity, and other weather parameters. To measure WBGT, a thermometer with a bulb covered by a water-soaked cloth is used. As air passes over the fabric, it causes the water to evaporate, and this evaporative cooling is captured as the wet bulb temperature on the thermometer. WBGT has been proven to be an effective measure to assess heat stress in various situations.



The National Weather Service (ND). Heat Forecast Tools. National Oceanic and Atmospheric Administration. Retrieved on Jan. 8, 2024 from <https://www.weather.gov/safety/heat-index>



### The OSHA-NIOSH Heat Safety Tool

- A valuable resource for planning outdoor work activities based on how hot it feels throughout the day.
- It has a real-time heat index and hourly forecasts specific to your location.
- It also provides occupational safety and health recommendations from OSHA and NIOSH.

The National Institute for Occupational Safety and Health (2022). OSHA-NIOSH Heat Safety Tool App. Centers for Disease Control and Prevention. Retrieved on January 12, 2024 from <https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

## Adverse Effects Of Heat on The 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.

(Bekkar B,2020) (Ali, M, 2020) (Ebi, K. L.,2021),(National Institute of Environmental Health Science, June 6, 2022) (Tedeschi

C,June, 2022),(Zahra, N, 2023)

## 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.

