

## HEAT STRESS: THE BASICS...

## What is Heat Stress?

Heat stress is the overall effect of heat on your body.

## It is caused by the combination of:

- The heat your body is generating;
- Environmental factors (air temperature, humidity, air movement and radiant heat); and
- Clothing that may trap heat to your body.



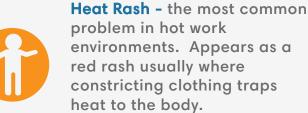
You may experience heat stress at work when a number of conditions come together:

- 1. Working in hot, humid conditions;
- 2. Strenuous activity;
- 3. Not drinking enough water to stay hydrated;
- 4. Fatique; and
- 5. Personal health issues.

If your body cannot cool itself (evaporation of sweat), you may suffer some form of heat stress illness.

Your employer should assess the hazards in your workplace, including heat stress AND have a plan for addressing them.

## **Types of Heat Stress**





Fainting - the brain does not receive enough oxygen because blood pools in the extremities. As a result, the exposed individual may lose consciousness.

**Heat Exhaustion - usually** caused by a lack of acclimatization. Signs include impaired performance of skilled sensorimotor, mental, or vigilance jobs.

> Heat Stroke - the body's system of temperature regulation fails and the body temperature rises to critical levels.







Discuss the conditions at your workplace that may come together to create a potential heat stress hazard?

