







Brought to you by the Holy Family Health Ministry

July's health focus is on Heat Stress



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| Environment <ul style="list-style-type: none">• High temperatures, especially with high humidity, which makes sweating less effective• Direct sun exposure• Lack of wind or breeze to cool the body; however, when ambient conditions are higher than body temperature, warm airflow can actually increase heat gain• Proximity to engines or other hot equipment | Activities <ul style="list-style-type: none">• High exertion• Not enough rest breaks• Repeated strenuous days in the heat• High motivation to push through discomfort from heat strain   |
| No Acclimation <ul style="list-style-type: none">• New employees• Experienced employees returning from time away from the heat• Acclimated workers who experience a sudden change in workplace temperature, such as heat wave or mining in a new area  | Medication <p>Heat tolerance can be affected by medication taken for</p> <ul style="list-style-type: none">• Colds, allergies, and congestion• Muscle spasms• Urine production (diuretics)• High blood pressure• Diarrhea• Dizziness/vertigo• Psychosis• Depression |
| Dehydration <ul style="list-style-type: none">• One of the most important risk factor  | Health Conditions <ul style="list-style-type: none">• Short term illnesses such as diarrhea, vomiting, or respiratory infections• Chronic conditions such as diabetes and heart disease• Being overweight or obese• Poor physical fitness |
| Prior Heat Illness <ul style="list-style-type: none">• Increases the risk of heat illness in the future | Other factors <ul style="list-style-type: none">• Age over 60• Non-breathable clothing or personal protective equipment• Alcohol use in the past 24 hours |

You may be affected by many risk factors at the same time. Talk to a healthcare provider about your personal risk factors





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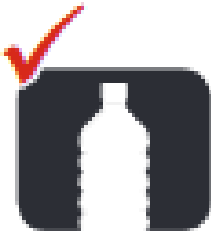
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PREVENT HEAT-RELATED ILLNESS



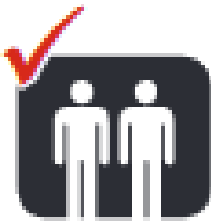
TAKE TIME TO ACCLIMATIZE.

Work shorter shifts until your body has adjusted to the heat.



STAY WELL HYDRATED.

Drink often, before you get thirsty.



WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.

Designate a buddy and ask how they feel periodically.



TAKE TIME TO REST AND COOL DOWN.

Sit somewhere cool, rest, and rehydrate frequently.

For more information visit the NIOSH Heat Stress topic page: <http://www.cdc.gov/niosh/topics/heatstress/>

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DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health



NIOSH

“They shall not hunger or thirst; nor shall scorching wind or sun strike them; for he who pities them leads them and guides them beside springs of water.” Isaiah 49:10

