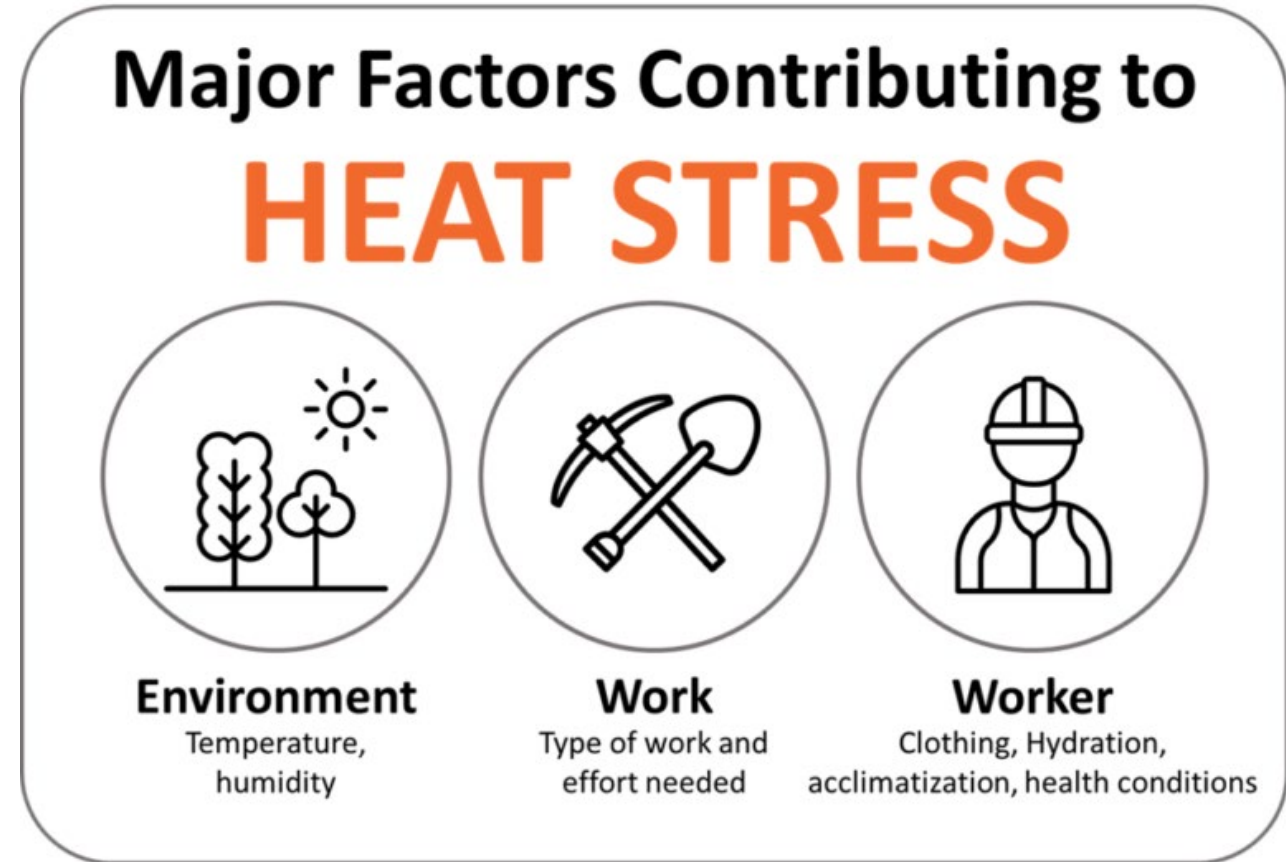


# Heat Stress Factors

- Environmental Factors
  - Temperature
  - Humidity
  - Air movement
  - Radiant heat
- Work Level (Metabolic factor)
- Worker Factors:
  - Age, weight, degree of physical fitness
  - Use of alcohol or drugs, and medical conditions
  - Clothing factor
  - Degree of acclimatization



# Knowledge Check

The 3 primary factors contributing to heat stress are:

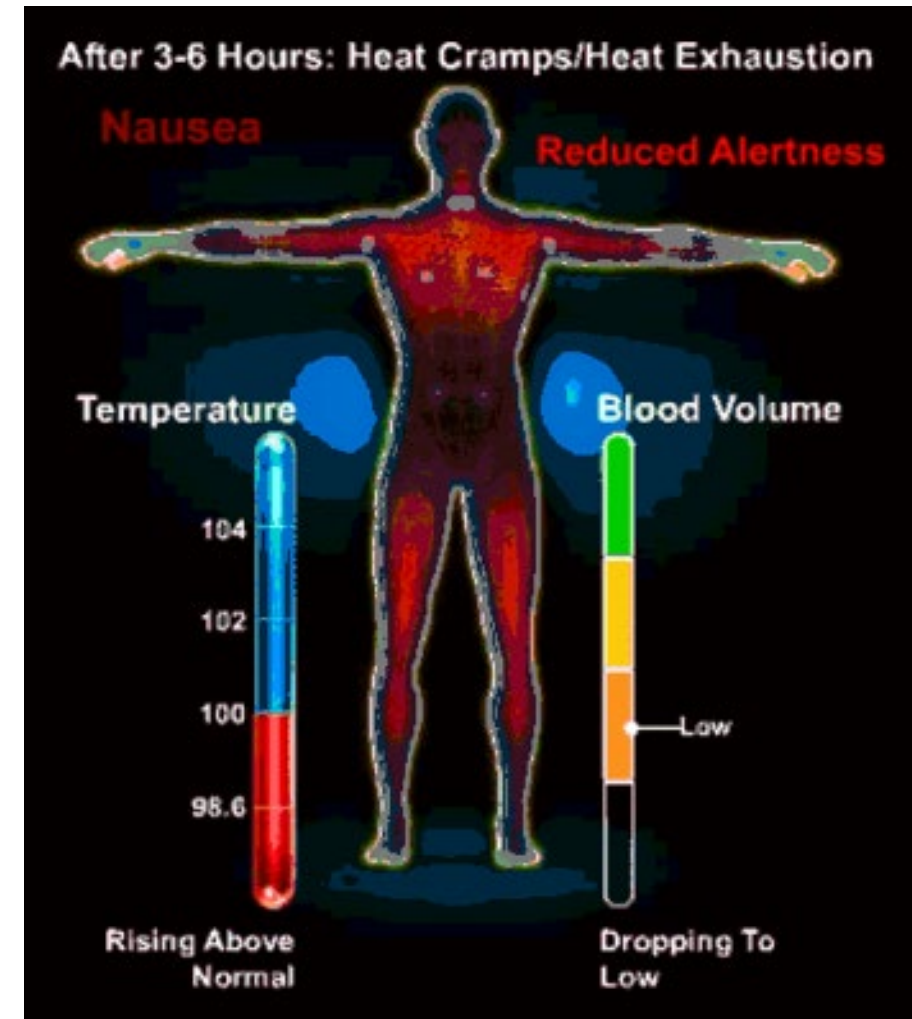
- a. Metabolic, Physiology, Environmental
- b. Work, PPE, and Environmental
- c. Metabolic, Environmental, Worker
- d. Worker, Engineering, Environmental

**c. Metabolic, Environmental, Worker**



# Physiology of Heat Stress

- After 3 hours, dehydration may result in an individual experiencing:
  - Headaches
  - Muscle Fatigue
  - Loss of strength and dexterity
  - Heat cramps
  - Reduced alertness
  - Nausea



# Heat and the Human Body

It's all about balance...

