

Risk factors for heat illness

There are personal, work-related, and weather-related causes of heat illness.
Awareness of your risk factors can help prevent heat illness!

Personal



Coming to work dehydrated



Heart disease



Diabetes



High blood pressure



Not enough sleep



Certain medications



Previous heat illness



Out of shape



Pregnancy



Cold, flu, fever

Work



Heavy workloads



Working near hot machines



Indoors with no cooling or ventilation



Wearing personal protective equipment



Wearing dark clothes and lots of layers



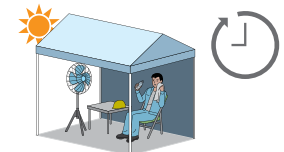
Too much sugar



Not being used to hot weather

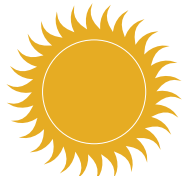


Not drinking enough water

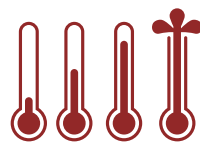


Not enough shaded rest breaks

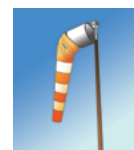
Weather



Direct sun



High temperature



No wind or hot wind



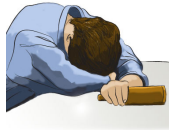
High humidity



Factores de riesgo para enfermedades por calor

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Personal



Venir al trabajo deshidratado



Ciertos medicamentos



Enfermedad del corazón



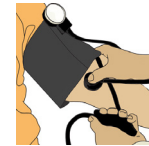
Enfermedad por calor previa



Diabetes



No tener buena condición física



Alta presión sanguínea



No dormir lo suficiente



Embarazo



Resfrío, gripe, fiebre

Trabajo



Cargas de trabajo pesadas



Tomar mucha azúcar



Trabajar cerca de maquinaria caliente



No estar acostumbrado al clima caliente



Trabajo en el interior sin enfriamiento o ventilación



No tomar suficiente agua



Vestir equipo de protección personal

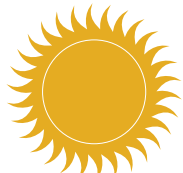


Vestir con ropa oscura y muchas capas de ropa

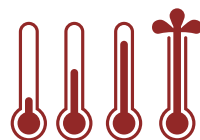


No tomar suficientes descansos en la

Clima



Sol directo



Alta temperatura



Sin viento o viento caliente



Alta humedad

