

HEAT SAFETY | PERSONAL RISK FACTORS

These factors can significantly impact your ability to work in the heat.

OVERWEIGHT



LACK OF SLEEP

OUT OF SHAPE

1 LIFESTYLE

2 DIETS & DRINKS

HIGH CAFFEINE



HIGH SUGAR

LOW SALT DIET



ALCOHOL

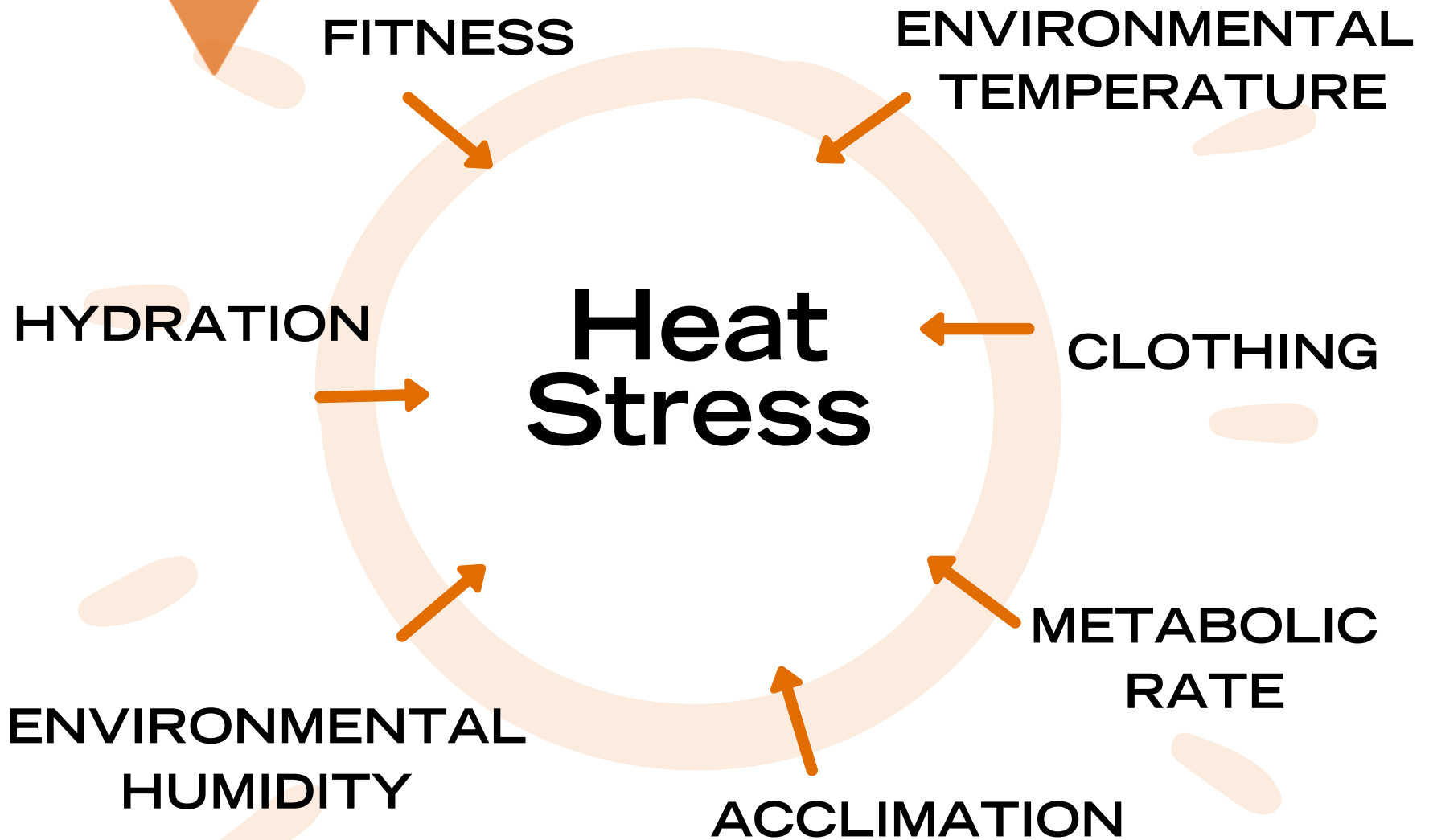
METH

COCAINE

MARIJUANA

3 DRUGS

HEAT SAFETY | HEAT STRESS FACTORS



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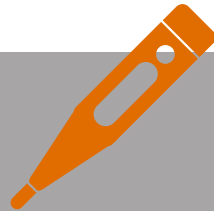
HEAT SAFETY | MEDICAL RISK FACTORS

These factors can significantly impact your ability to work in the heat.

CHRONIC DISEASES

ILLNESSES

INFECTIONS



RESPIRATORY INFECTION

FEVER FOR ANY REASON

MALARIA

HANG OVER

STOMACH FLU

HEART DISEASE

AUTO-IMMUNE DISORDER

DIABETES

