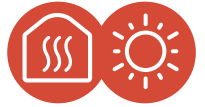


Heat Stress EFFECTS

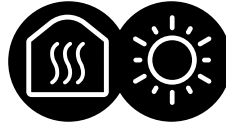
A Life-threatening occupational illness with cumulative, long-term effects



Primary Contributing Factors



METABOLIC HEAT



WORK ENVIRONMENT



CLOTHING / PPE



WORK / WORKLOAD

Effects

Short term | Long term

Skin

- Rash
- Sunburn
- Skin Cancer

Liver

- Liver damage

Kidneys

- Urine colour
- Urine output
- Prone to disease
- Kidney failure

Reproductive

- Birth defects
- Infertility (male sperm count / quality)

Muscles

- Cramping (during / after work)
- Loss / Atrophy

Brain

- Headaches
- Seizures
- Clumsiness
- Confusion / Disorientation
- Accidents
- Brain Damage
- Atrophy
- Dementia

Heart

- Increased heart rate
- Heart palpitations
- Coagulation / Clotting issues
- Heart damage

Lungs

- Rapid breathing

Stomach

- Nausea
- Vomiting
- Stomach lining damage

Other Contributing Factors



PRE-EXISTING CONDITIONS



MEDICATIONS



GENETIC COMPOSITION



BODY COMPOSITION

02-29-2024



For other infographics in this series, or to learn more about working in the heat, see our Heat Stress Toolkit:



Scan or Click