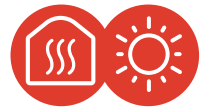


Heat Stress

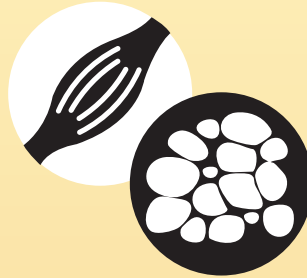
Sex-Based Differences



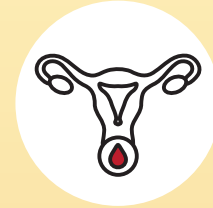
This fact sheet outlines some **general differences in heat regulation between women and men**. The following information is not universally applicable but rather gives an overview of the more common trends in male and female physiology.



Body Size



Fat & Muscle Composition



Menstrual Cycle

Factor

Recommendation

Body Size

People with **bigger bodies** (often men) are more likely to rely on sweating to help with cooling. This puts them at a **higher risk of dehydration**.



- Stay hydrated
- Drink electrolytes
- Wear PPE that allows for evaporation



People with **smaller bodies** (often women) are more likely to have their blood vessels dilate in order to dispel heat and cool the body. This puts them at a **higher risk of low blood pressure**, which may induce nausea, lightheadedness, and other related symptoms.



- Be aware of low blood pressure symptoms
- Take extra precautions if feeling unwell



Factor

Recommendation

Fat & Muscle Composition

Generally, **women tend to have a higher composition of fat tissue** than men, which absorbs less heat than muscle. This means that **their body temperature will rise faster compared to someone with a lower body fat percentage**, which has implications for workers who must adapt to high temperature environments.



Heat acclimation involves repeated exposure to high temperatures, allowing the body to adapt.

- Women may require longer to adapt to high temperatures (up to twice as long compared to men)



Menstrual Cycle

People who experience a menstrual cycle tend to have a higher resting body temperature during their luteal phase (phase between ovulation and menstruation). During this phase, heat stress indicators such as sweating or shivering happen at a higher body temperature than during the rest of the menstrual cycle. This higher body temperature in the luteal phase could put the person at higher risk of heat illness.

- Take extra precautions during the luteal phase (approximately day 14 - day 28 of the menstrual cycle) to avoid heat stress

