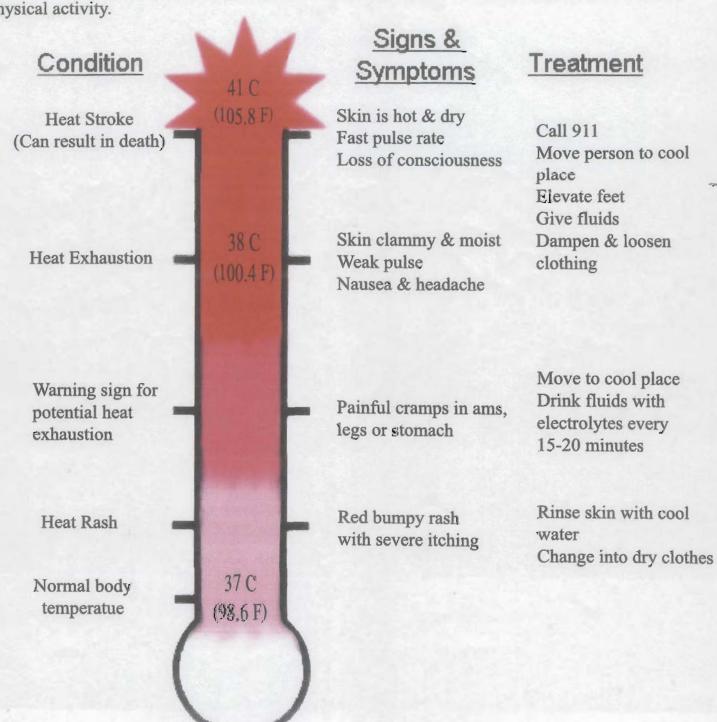
hen the heat is on...

Factors leading to heat stress:

- *High temperatures & humidity
- *Direct sun or heat
- *Limited air movement
- *Poor physical condition

*Individuals with existing medical conditions or those taking medication (ie: thyroid, heart, blood pressure, diabetes, anti-depressants) are at higher risk.

*Non - acclimated - allow 1 week to get accustomed to weather conditions prior to extended physical activity.



Steward Observatory Safety Committee