

# When 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.

