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 (i.e. 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.

### Condition
- **Heat Stroke** (Can result in death)
  - Temperature: 41°C (105.8°F)
  - Signs & Symptoms:
    - Skin is hot & dry
    - Fast pulse rate
    - Loss of consciousness
  - Treatment:
    - Call 911
    - Move person to cool place
    - Elevate feet
    - Give fluids
    - Dampen & loosen clothing

- **Heat Exhaustion**
  - Temperature: 38°C (100.4°F)
  - Warning sign for potential heat exhaustion
  - Signs & Symptoms:
    - Skin clammy & moist
    - Weak pulse
    - Nausea & headache
  - Treatment:
    - Move to cool place
    - Drink fluids with electrolytes every 15-20 minutes

- **Heat Rash**
  - Temperature: 37°C (98.6°F)
  - Signs & Symptoms:
    - Red bumpy rash with severe itching
  - Treatment:
    - Rinse skin with cool water
    - Change into dry clothes

Steward Observatory Safety Committee