

# EASE INTO THE HEAT

Humans are, to a large extent, capable of adjusting to the heat, but it takes time, during which the body undergoes a series of changes to adapt. For some people, the process can take several weeks.

The first day of work in a hot environment is uncomfortable. Your body temperature and pulse rate will be higher than normal, and you might feel a little light-headed and even nauseous. After a few days, though, these symptoms will decrease. With time, you'll probably sweat more, and that's good because sweat controls your body temperature.

Heat disorders in general are more likely to occur among workers who have not taken time to adjust to working in elevated temperatures. Likewise, workers who return to work after a leisurely vacation or extended time away may need to acclimatize to the heat all over again.

People who have not worked in hot weather for a week or more need time for their bodies to adjust. They need to take more breaks and moderate the strenuous work they do during those early days.

**Special Caution:** Some health conditions can put workers at greater risk of heat-related illness. These include diabetes, kidney and heart problems, pregnancy, and being overweight.

Produced by the Institute of Scrap Recycling Industries

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