The Impacts of Heat on Your Health

“Heat is the leading cause of weather-related deaths in the United States, surpassing hurricanes, tornadoes, and floods.”

-National Weather Service

HEAT’S EFFECTS ON YOUR BODY

- Heat decreases cognition and alertness.
- Heat increases stress on the cardiovascular system.
- It increases oxygen demand in the body.
- Increase the risk of stillbirth and preterm labor.
- It damages the kidneys and liver from dehydration
- Worsens pre-existing conditions in all organs.
- Heat causes a decrease in food security for grain, dairy, and beef.
- It increases ground-level ozone, which causes respiratory disease.

Tools to Prevent Heat Illness

OSHA-NIOSH HEAT SAFETY TOOL
APPLICATION
- Offers real-time heat index
- Gives hourly forecasts
- Has safety recommendations for outdoor work activities.

The National Weather Service Heat Index helps keep you safe by rating the safety of temperatures.

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