

# STAYING COOL

by watching the heat index & the Wet Bulb Globe Temperature

## TOOLS FOR PREVENTING HEAT RELATED-ILLNESS

### HEAT INDEX

Accounts for the combined effects of air temperature and humidity to provide a more accurate estimate of heat stress on the human body. For example, if the air temperature is 96°F and the relative humidity is 65%, the heat index is 121° F.

### WET BULB GLOBE TEMPERATURE

The Wet Bulb Globe Temperature (WBGT) can be a better measure of outdoor heat stress because, in addition to air temperature and humidity, it also includes wind speed and solar exposure from cloudy to clear skies. Athletic associations, the US Army, and the US Occupational Safety and Health Administration (OSHA) all have WBGT guidelines for people working and exercising outdoors.

### TAKING ACTION

- Drink water often and before you get thirsty
- Avoid beverages with alcohol, high caffeine and/or sugar
- Take breaks in AC, in front of a fan (up to 95 ° F), or in the shade
- Take a cool bath or shower to cool down

### HOW DOES YOUR BODY COOL ITSELF?

The body cools itself through the evaporation of sweat. On days when humidity is high, the moisture in the air prevents the evaporation of sweat, keeping the body from cooling itself. Evaporation of sweat can also change drastically with small changes in wind speed. When the body cannot cool itself properly, a person is at higher risk for heat illness and heat stroke.

### ASK FOR HELP IF YOU HAVE...

- Hot, red, dry or clammy skin
- High body temperature
- Rapid pulse

**32 oz. per hour**

