

Hot Temperatures

When heat or high humidity is combined with other stresses such as prolonged physical activity, loss of fluids, fatigue, or some medical conditions, it may lead to heat-related illness, disability, and even death.

Heat stress is affected by four environmental factors: air temperature, humidity, air movement, and radiant heat.

This section includes:

- **Information on Hot Weather-Related Conditions**
- **Sample Hot Weather Preparedness Guide**