

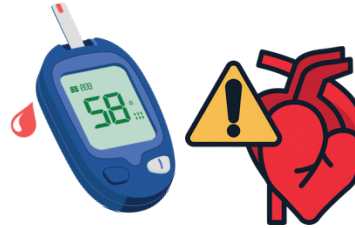
Heat-Related Illness Risk Factors



PERSONAL



Certain medications



Health conditions (diabetes, heart disease, etc.)



Cold, flu, or fever



Dehydration



Lack of sleep

WORK



Heavy lifting



Working near hot machinery



Wearing dark clothes or too many layers

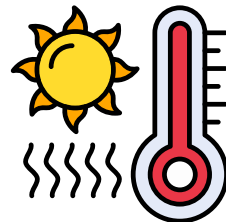


Not drinking enough water

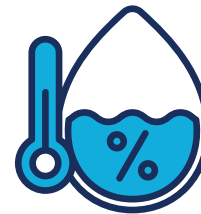


Not enough shaded rest breaks

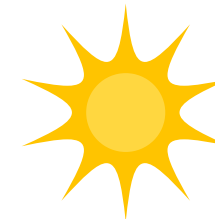
WEATHER



High temperature



High humidity



Direct sun



No wind or hot wind

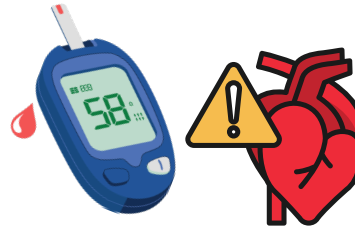
Factores De Riesgo Para Enfermedades Relacionadas Con El Calor



PERSONAL



Ciertos medicamentos



Condiciones de salud
(diabetes, enfermedad del corazón, etc.)



Resfrío, gripe, o fiebre



Deshidratación



No dormir lo suficiente

TRABAJO



Cargas de trabajo pesadas



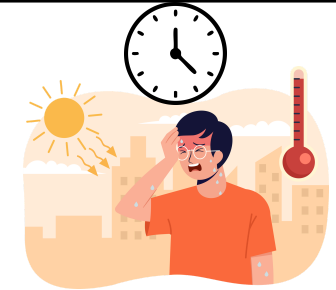
Trabajar cerca de maquinaria caliente



Vestir con ropa oscura o muchas capas de ropa

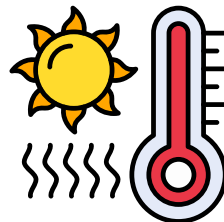


No tomar suficiente agua

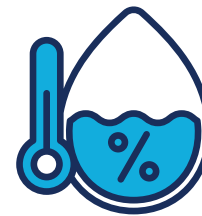


No tomar suficientes descansos en la

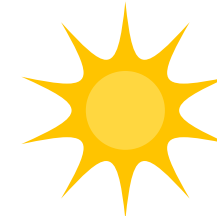
CLIMA



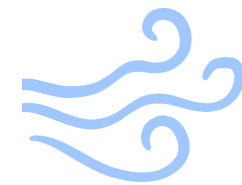
Alta temperatura



Alta humedad



Sol directo



Sin viento o viento caliente