



**Who's at Risk  
for Heat Illness?**

**YOU  
ARE!**

## Extreme heat can affect anyone, but some personal factors can increase a person's risk:

- **Age:** People over 60 are more likely to be affected by extreme heat. Older people do not adjust as quickly to changes in heat. They are also more likely to have health conditions that affect the body's ability to react to heat.
- **Health Conditions:** Diabetes, respiratory ailments, obesity, and drug and alcohol use can affect the body's ability to respond to heat.
- **Medications:** Some drugs can make it harder to control body temperature. They may also increase the risk of dehydration. These can include tranquilizers, diuretics, antihistamines, beta blockers, laxatives, and antidepressants.
- **Pregnancy:** Pregnancy makes it harder for the body to cool down. Heat illness symptoms can be more common. Watch for dizziness, dehydration, heavy sweating, and cramps.
- **Acclimatization Status:** Abrupt exposure to heat can increase the risk of heat illness for new or returning employees. Increase exposure to heat slowly over time to help people adjust.

**Talk to a doctor about whether your personal factors may increase your risk of heat illness while working outdoors.**

