

HEAT HAZARDS to HUMAN HEALTH

Focus on Feasible and Sustainable Solutions



Direct deaths

Heat related illness and diseases

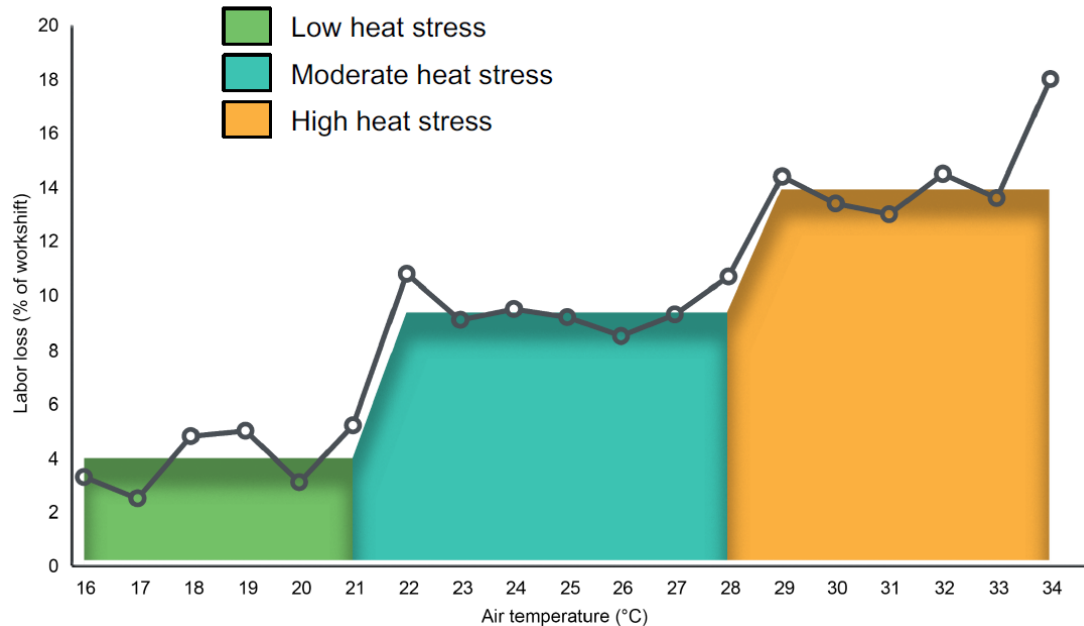
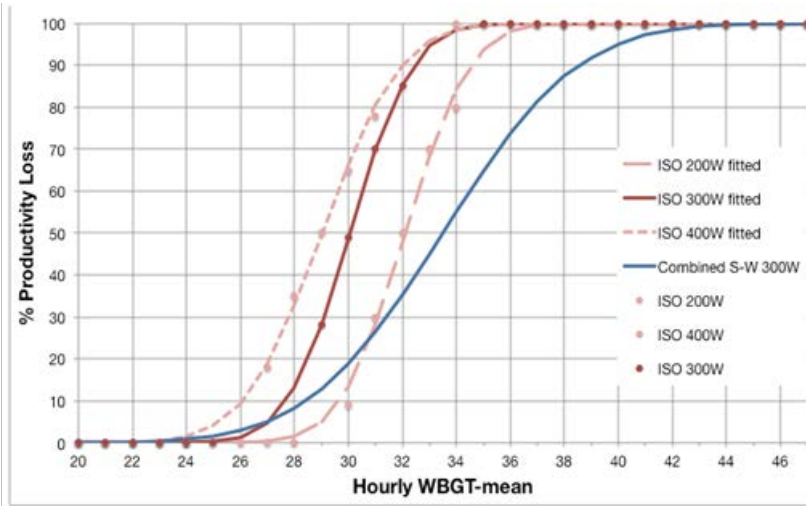
HEAT SHIELD

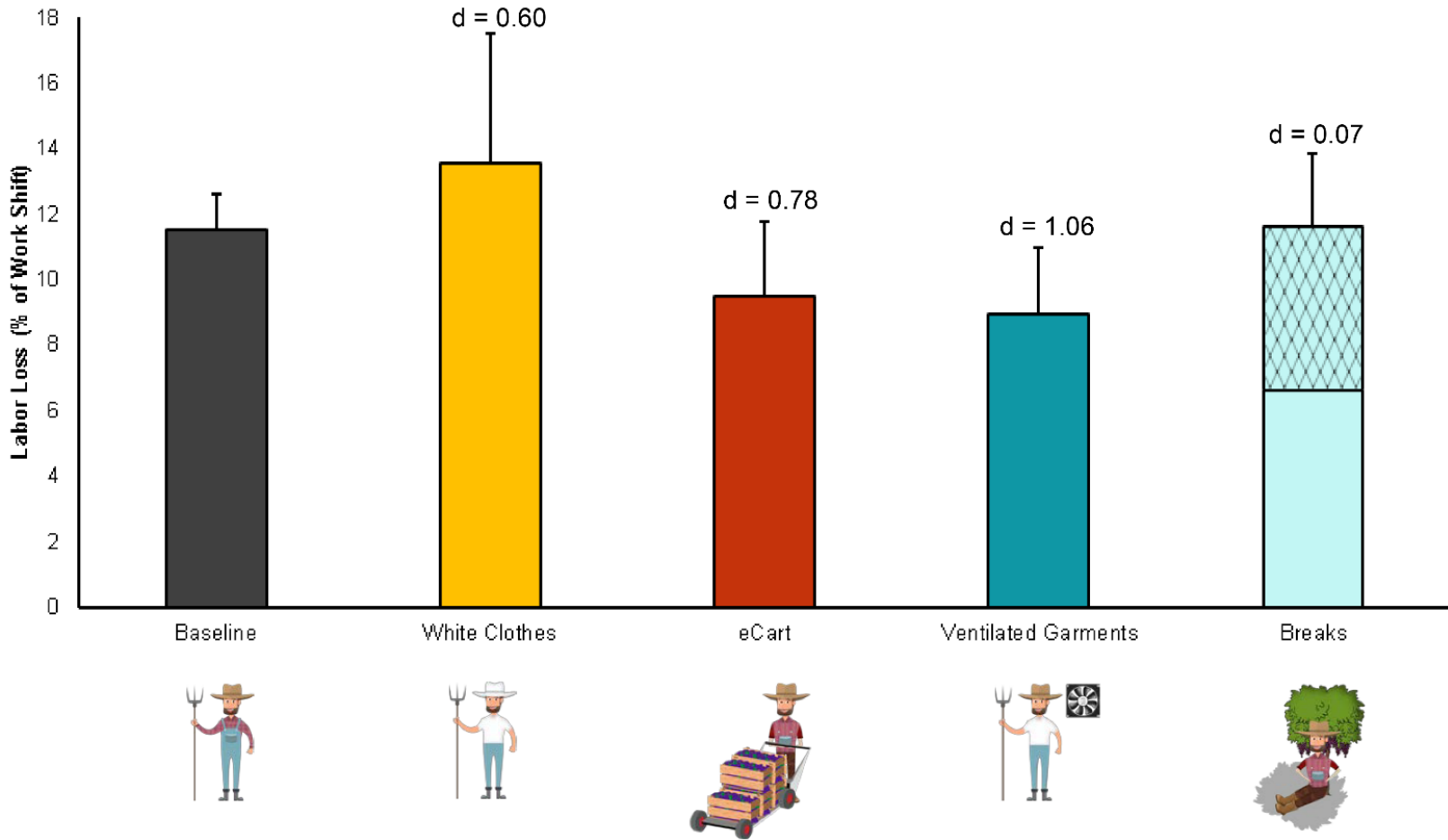




Both field and lab studies show that heat stress provoke fatigue

- or force workers to take more frequent and longer breaks !!





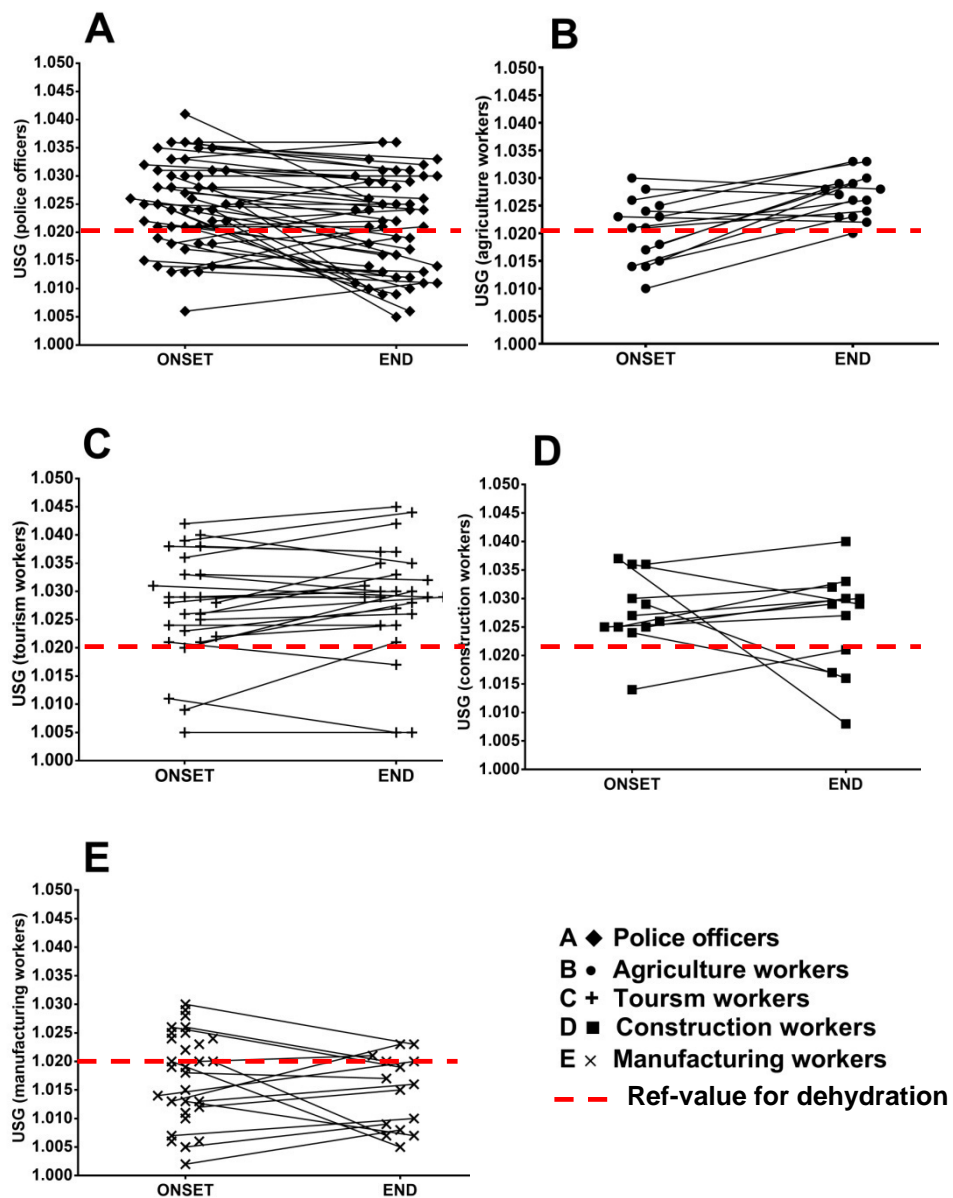
More focus on day to day recovery/rehydration

~ 70% initiate work with a suboptimal status !!

High prevalence of hypohydration in occupations with heat stress—Perspectives for performance in combined cognitive and motor tasks

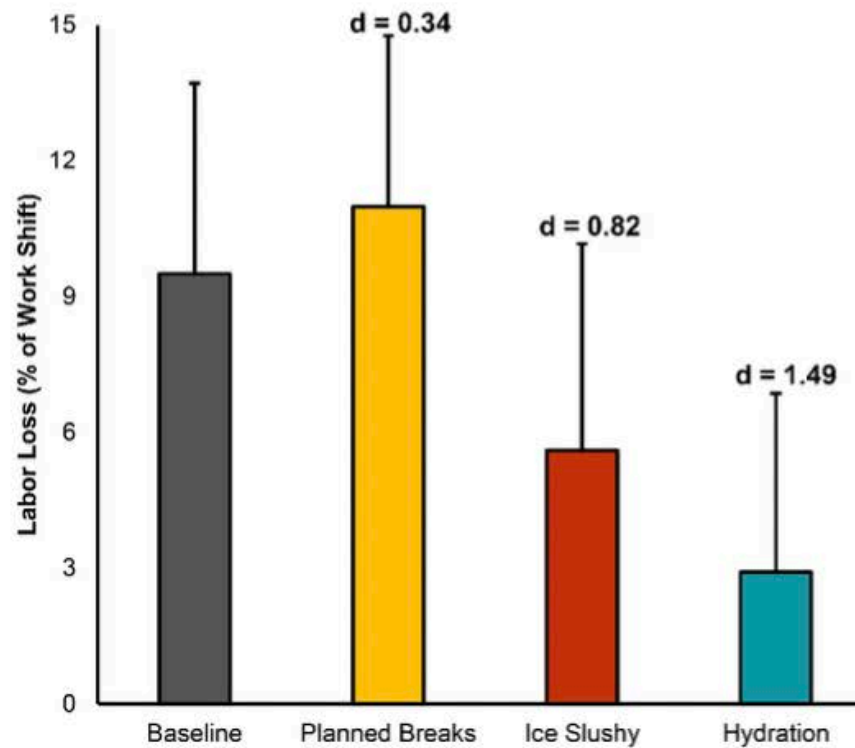
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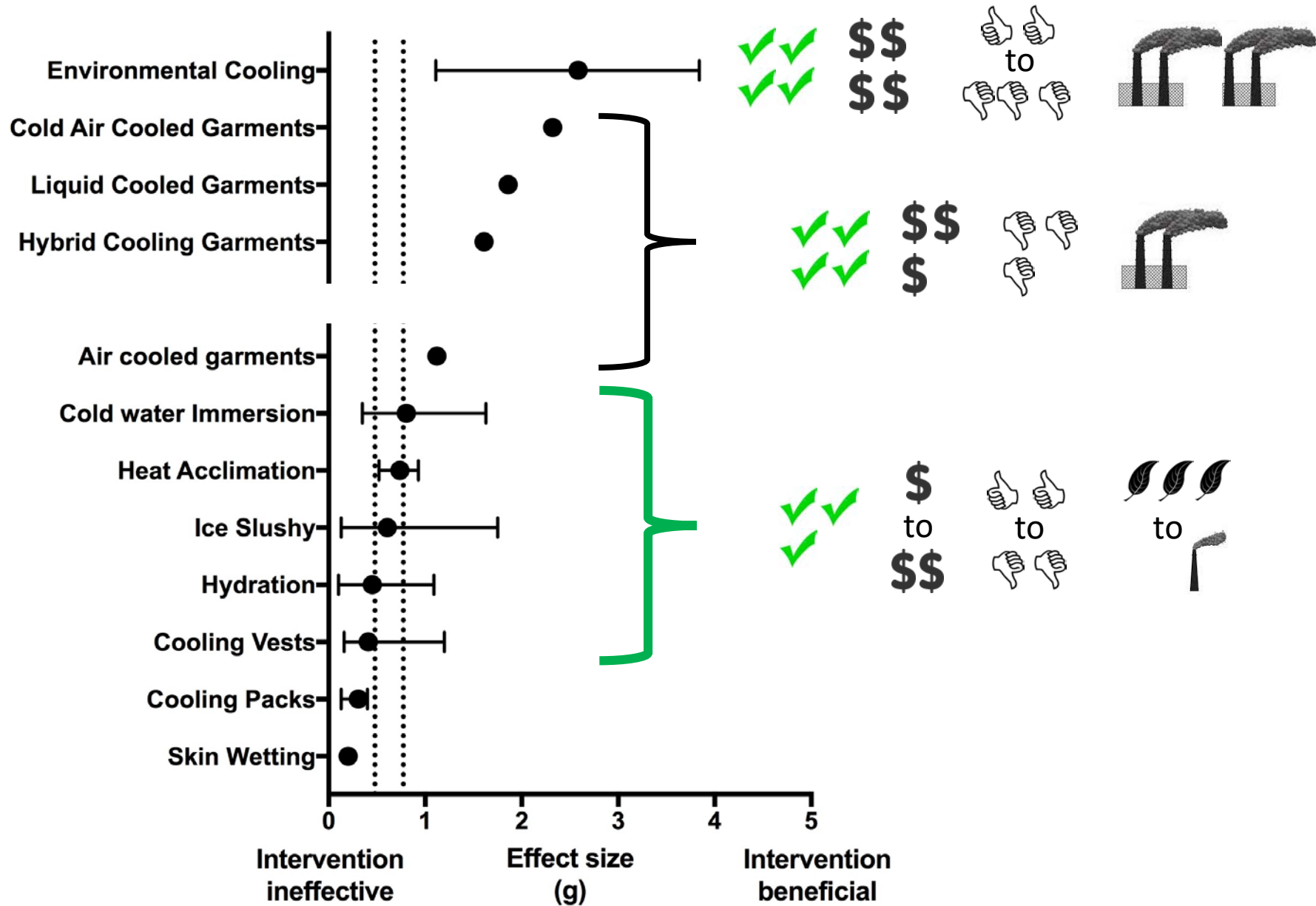


A ◆ Police officers
B ● Agriculture workers
C + Tourism workers
D ■ Construction workers
E × Manufacturing workers
- - - Ref-value for dehydration

Figure 20. Labour loss (i.e., percentage of work shift time lost due to irregular work breaks) during the baseline assessment and the three interventions used to test different adaptation measures.



Effects on performance/physiological function/strain



Heat, hydration health concerns and considerations

Effects of elevated environmental heat stress

- Increased mortality and morbidity during heat waves is only part of the problem (visible top of the iceberg)
 - Huge “hidden health threat” related to indirect effects on human functioning and productivity
 - Future alert systems, prevention plans and analyses of climate change impact should consider – and target both the direct (obvious) and derived factors influencing individual health.

