



Heat Stress Disorders

Although summer heat is the largest cause of heat stress disorders, it may also occur when people are in spaces with limited ventilation (building/reworking a deer stand).

The symptoms of heat stress disorders are very slow to start, but increase in intensity if precautions are not taken. The onset of initial symptoms is mild and usually involves headaches, thirst and fatigue.

To aid in combating heat stress disorders, a person should get used to high temperatures before working in the heat for an extended period of time. They should also take frequent breaks to cool down.

A person should be encouraged to drink plenty of fluids (water, high energy drinks, etc.) to replace electrolytes. A person should not drink carbonated beverages as they only increase dehydration and give a false sense of being properly hydrated. The use of alcohol can lead to dehydration before exposure to high temperatures.