



The Science of Heat and Our Bodies



Part 1: Effects of Heat on Human Health

Featuring: Dr. Linda McCauley and Dr. Roxana Chicas

Main Ideas

- High temperatures can have fatal consequences on the body, including cardiac arrest.
- Farmworkers are some of the most at-risk individuals for heat-related illnesses.
- Health effects from heat exposure include excessive sweating, headaches, nausea, and stomach cramps.
- Heat-related illness is often mistaken as pesticide exposure.

Discussion Questions

1. Why would agricultural workers experience higher rates of heat-related illness compared to other groups?
2. How can misconceptions about farm laborers put them at a higher risk for heat-related illness?
3. How can you lower the risk of heat-related illness while exposed to heat for extended periods of time?

Tips from the Speaker

1. Recognize the warning signs of heat-related illness.
2. Remain hydrated by drinking water.
3. Take breaks from the heat in the shade during periods of long heat exposure.

Other Resources

sccahs.org/index.php/research/heat-stress-and-biomarkers-of-renal-disease/

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Part 2: Beat the Heat

Featuring: Dr. Rebecca Lopez

Main Ideas

- Understanding the causes, symptoms, and treatments for heat-related illness (HRI) is vital to public health.
- Lack of rest and body composition are contributing factors to HRI.
- The best treatment for HRI is lowering body temperature as soon as possible through water submersion or applying ice.

Discussion Questions

1. Why is education on the effects of heat on our health important?
2. How can you prevent the negative effects of heat exposure?
3. How can you treat someone who is displaying symptoms of excess heat exposure?
4. What misconceptions about heat-related illness did you have prior to this podcast? How has your opinion changed?

Tips from the Speaker

1. Preparation is key in preventing heat-related illness, including hydration and acclimating your body.
2. If you witness someone displaying signs of heat exhaustion, act immediately.

Other Resources

<http://www.sccahs.org/index.php/state-of-science/2018-heat-related-illness-state-of-the-science-meeting/>

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