



## A MINUTE OF HEALTH WITH CDC

### *Be Cool*

*Evaluation of Occupational Exposure Limits for Heat Stress in Outdoor Workers — United States, 2011-2016*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Working outdoors can be physically challenging in the summer. During times of extreme heat, even those accustomed to such activities can be at risk. Exposure to high temperatures can result in heat-related illnesses. Heat can also increase the chances of being injured because of sweaty hands, fogged-up safety glasses, or dizziness. Monitoring the heat index, which is the combination of temperature and humidity, can help determine dangerous conditions. Stay hydrated, take regular breaks, and take time to get used to the heat. Finally, be aware of the symptoms of heat overexposure—early recognition can prevent heat-related illness.

Thank you for joining us on *A Minute of Health with CDC*.

*[Announcer] For the most accurate health information, visit [cdc.gov](http://cdc.gov) or call 1-800-CDC-INFO.*