

## **Heat Stress**

Heat stress is the sum of the heat generated by the body, plus the heat gained from the environment, minus body heat that is lost to the environment. When the surrounding air is already high in moisture content, or humidity, it is difficult for the air to hold more moisture evaporating from perspiring bodies. Therefore, less body heat can be transferred to the surrounding air when it is humid. This puts more stress on the body as it attempts to regulate its core temperature