

HEAT RISK

Identifying your risk factors for heat illness



Original Research

Cleary, M. Predisposing risk factors on susceptibility to exertional heat illness: Clinical decision-making considerations. *Journal of Sport Rehabilitation* 16:204-214, 2007.

UNIFORMS HELP TO PROTECT YOU FROM HITS, BUT CAN CAUSE A SERIOUS, EVEN DEADLY, PROBLEM IN THE HEAT.

Any time you push yourself in the heat, you are at risk for heat illness. Whether it is heat cramps, heat exhaustion, or heat stroke, heat illness can not only put a damper on your training...it can put a damper on your life. While nobody is immune to heat illness, some people are at a higher risk than others. Many people focus on the factors in the environment that affect their risk of heat illness, but few pay attention to the factors within the person that also contribute to risk. A recent review paper in the *Journal of Sport Rehabilitation* covered a large number of the risk factors, both environmental and personal, that could predispose you to heat illness.

Power Key: acclimation, heat illness, wet globe bulb temperature, dehydration