

## **Heat Stress is Serious!**

Engaging in physical activity where it is hot puts stress on the body's cooling system. The harder your body works, the more heat it has to dissipate to maintain temperature equilibrium.

Environmental heat stress can place additional strain on your body that may lead to fatigue, dehydration, heat-related illnesses and possibly even death.

[Click here to download POST tips on mitigating the dangers of heat stress.](#)