

Good essay about hot weather stress

[Health & Medicine](#), [Stress](#)



Hot weather has the impact on the human body because the temperature of the body starts changing due to heat. However, the mechanism of heat management makes the temperature of the body maintained within the range of the body temperature. For this management, the body processes many mechanisms in order to make the body temperature constant without going into increasing or decreasing according to the environmental temperature. The temperature of Saudi Arabia is very hot due to the deserted place. The climate of Saudi Arabia is hot at day time while it becomes rather cold at night. Therefore, it is important to keep the stress management into consideration for the increase in heat of the environment. The normal body response for the elevation of heat is the increase in the temperature of skin and core body. This increase consequently makes the blood flow to increase towards the skin. On the other hand, this diversion of the blood causes the organs to get less supply of the blood. Hence, the organs are deprived of the normal flow of the blood. Therefore, the organs cannot work properly like usual. The blood flow towards the skin enables the skin to become moist, and the heat is lost through the process of convection which results in sweating. Sweating when evaporates from the skin surface reduces the body temperature. Ultimately, the body temperature decreases until it becomes within the range of the normal body temperature. On the contrary, the water which is eliminated from the body during sweating also contains the salts along with it. Consequently, the body salts which are vital

get reduced, and the water quantity too gets alleviated. The loss of water and salts from the body affects the significant functions of the body organs (Manitoba Labour, 2007).

In addition to this, if the water is ejected more in the form of sweating then the sweat glands suffer from fatigue which in turn makes it unable to work efficiently. Subsequently, the temperature of the body rises with the temperature of the environment. Thus, it leads to an impaired heat management mechanism of the body and this consequence results in the heat stroke.

For the sake of managing the heat stress, the dehydration has to be avoided at the most. Therefore, it is important to remain hydrated in such extreme temperature as that of Saudi Arabia. Moreover, the salts and sugars which are lost with the sweating can be regained through consuming fruits and vegetables. In this way, the body can manage the quantity of required salts and sugars in order to let the organs work effectively. Hence, the dehydration should be prevented by all means so that the body never goes lack of the water (Mayo Clinic Staff, 2015).

Some of the illness is also associated with the heat stress which gets develop in the harsh climate of Saudi Arabia. Heat rash is the common illness among the others. The rash develops on the skin and irritates the skin constantly. This rash is actually the result of the wet clothes due to sweat. In order to prevent the heat rash, the foremost objective is to keep the skin clean. Moreover, heat fatigue, fainting and giddiness are the problems which occur due to the rise in the temperature. Furthermore, the heat cramps are generated in the muscles because the loss of the salts causes the muscles to

cramp after conducting their function of some work. The remedy to prevent these ailments is to take as much fluids as an individual can since, these are the outcomes of the lack of enough moisture, fluid, and water content in the body and the organs (Manitoba Labour, 2007).

On the other hand, the prevention of this disease can be achieved through the development of places which are incorporated with the cooling systems. The cooling systems can maintain the environmental temperature and let the work be continued without the hindrances of heat associated problems. Additionally, it is wise to work at the time which offers less exposure to the heat of the environment. For instance, planning minimum work outside the infrastructure during the time when sun is at the peak of the sky. The provision of short breaks in order to get rest can help the employees and other workers cope up with the heat stress as the organs of the body can be relaxed during the rest. On the personal terms, the heat stress of the hot weather in Saudi Arabia can be avoided by the use of clothes which are heat reflecting. Thus, these clothes do not absorb the heat. Clothing which provides the airflow is beneficial as compared to the other clothes since the skin can get the necessary flow of air. Moreover, the individual who is under the medication which makes the body temperature rise should take extra precautionary steps while taking the pills. The medicine should be taken by keeping the heat management in mind. Such a person should avoid the exposure to hot weather by remaining indoors and consuming more fluids. Conversely, the medication and the hot weather can badly affect the body mechanism.

In conclusion, it is not possible to reduce the heat during the hot weather.

However, the steps can be taken in order to maintain the temperature of the body so that the heat has the less or no effect on the body functions. The key to the developing stress due to hot weather is the intake of more fluids along with the adequate amount of fruits and vegetables.

Work Cited

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