

The summer heat is here

Traveling from one area to the next can be very different as far as culture and weather. Depending on where you are from, adjusting to the heat may be new to you. Even if it isn't new, you may find the following facts about the summer heat interesting. With global warming, everyone may be getting hotter in the years to come.

Some interesting facts about the summer heat:

- People can lose up to 3 gallons of fluid through sweating during one day.
- This website http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index/index.html will actually show you the daily UV index and predicted UV index, if you are wanting to protect your skin
- People can acclimate to hot weather, but it takes about 7 – 14 days of exertion for 2 hours a day. Taking several breaks is the best way and gradually working up to the 2 hours instead of all at once. Acclimation drops after 4 days of not exerting in the heat and is completely lost after 3 weeks.
- Exercising in the heat does actually burn more calories, but should be done with discretion.
- Physically fit people acclimate to heat faster.
- Wiping away sweat while out in the sun removes oils and accumulates electrolytes, providing better cooling.
- According to the CDC, from 1979 to 2002, 8,966 deaths occurred from excessive heat exposure in the United States.
- The reason more people have difficulty tolerating the heat as they get older is because their sweat glands actually produce less sweat to cool them off.

Heat on our planet is expected to continue rising. The show, Inconvenient Truth, did a great job of explaining how the process works and how it is predicted. They have a website that also explains this to some extent and what we can do to get help with global warming since the United States is a major contributor to this issue.

<http://www.climatecrisis.net/>

Bibliography

http://www.safety.caltech.edu/manuals/safetech/safetech_jun2002.pdf

Safetech Journal by California Tech Environment, Health, and Safety Office, Vol 10 issue 3, June 2002

<http://www.ceo.saccounty.net/pio/countynews/archives/2006/06/docs/Summer-Heat.pdf>

the heat is on,