

# Heat Stress and Home Life Survey - Phase 2

**Purpose:** This survey is designed to understand how working in extreme heat affects your mental health, energy levels, and personal life. Your responses are anonymous, and will could develop solutions for safer and healthier work environments.

## General Information

**What is your age group? \***



☐ Under 25

☐ 25–34

☒ 35–44

☐ 45 +

What is your role in construction? \*



☒ Project Management

☐ Superintendent

☐ Electrician

☐ Mechanical

☐ Landscaper

☐ Stucco

☐ Framing

☐ Other

How many years have you been working in construction? \*



- ☐ Less than 1 year
- ☒ 1–5 years
- ☐ 6–10 years
- ☐ More than 10 years

### Routines After Working a Really Hot Day

This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

What is the first thing you do when you get home after working in extreme heat?



Rest

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If you could describe your home routine after a long, hot workday in three words, what would they be?



Nap, change clothes, and eat



How much time do you typically spend unwinding before engaging in home activities (chores, family time, etc.)?



- ☐ No time, I jump right in
- ☐ Less than 30 minutes
- ☒ 30 minutes to an hour
- ☐ Over an hour

#### Physical and Mental Effects of Heat at Home

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What is the biggest challenge you face at home after working in high temperatures?



Energy to clean up.

**Which of these activities, if any, do you avoid after a long day in extreme heat?** *(Select all that apply)*



- ☐ Cooking meals
- ☐ Spending time with family
- ☐ Exercising or going outside
- ☐ Running errands
- ☒ House chores

☐ Other: .....

Do you find it harder to focus on home-related tasks after a hot workday? Why or why not?



Yes, I'm usually too tired to focus.

### Impact on Social & Family Life

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

How do you usually respond to conversations or requests from family or friends after working in extreme heat?



I don't respond but if I do its limited.



How would the people in your home describe your mood on particularly hot workdays?



Lazy

Has working in extreme heat ever led to conflict or misunderstandings at home? If so, can you describe the situation?



I am sometimes a little short with my responses.

## Managing Fatigue & Recovery

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you feel better at home after working in the heat?



Napping

If you had unlimited resources, what is one thing you would change about your home environment to improve recovery from heat exposure?



Hiring someone to tackle my responsibilities so I can relax.

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Which of these factors has the biggest impact on your ability to recover after work?



- ☒ Quality of sleep
- ☐ Home temperature (AC, fans, airflow)
- ☐ Time to rest before responsibilities
- ☐ Support from family or roommates
- ☐ Access to freshly prepared food and cold drinks
- ☐ Other: .....

### Sleep and Long-Term Effects

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

Do you think working in extreme heat has affected your long-term health or well-being? Why or why not?



Maybe I will just become lazy.

---



What, if anything, keeps you awake or disrupts your sleep after a hot workday?



Headaches

If you had an extra hour in the evening, how would you use it to recover from heat stress?



Self-care

Final Thoughts

Final two questions!

If you could give one piece of advice to someone just starting construction work about handling heat stress at home, what would it be?



Make time for recovery

What is something about life after work in extreme heat that you wish more people understood?



Sometimes we just need a minuet.

You're all done!

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What is the first thing you do when you get home after working in extreme heat?



Make a drink

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If you could describe your home routine after a long, hot workday in three words, what would they be?



Make a drink, Sit on couch, Babysit

How much time do you typically spend unwinding before engaging in home activities (chores, family time, etc.)?



- ☐ No time, I jump right in
- ☒ Less than 30 minutes
- ☐ 30 minutes to an hour
- ☐ Over an hour

#### Physical and Mental Effects of Heat at Home

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What is the biggest challenge you face at home after working in high temperatures?



Babysitting

**Which of these activities, if any, do you avoid after a long day in extreme heat? (Select all that apply)**



- ☒ Cooking meals
- ☐ Spending time with family
- ☒ Exercising or going outside
- ☒ Running errands
- ☒ House chores
- ☐ Other: .....



Do you find it harder to focus on home-related tasks after a hot workday? Why or why not?



Yes

### Impact on Social & Family Life

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How do you usually respond to conversations or requests from family or friends after working in extreme heat?



Im tired

How would the people in your home describe your mood on particularly hot workdays?



Tired

Has working in extreme heat ever led to conflict or misunderstandings at home? If so, can you describe the situation?



No

### Managing Fatigue & Recovery

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What helps you feel better at home after working in the heat?



A drink

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If you had unlimited resources, what is one thing you would change about your home environment to improve recovery from heat exposure?



If I had unlimited resources, I would not be "working" in extreme heat!

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Which of these factors has the biggest impact on your ability to recover after work?



- ☐ Quality of sleep
- ☐ Home temperature (AC, fans, airflow)
- ☒ Time to rest before responsibilities
- ☐ Support from family or roommates
- ☐ Access to freshly prepared food and cold drinks
- ☐ Other: .....

### Sleep and Long-Term Effects

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!



Do you think working in extreme heat has affected your long-term health or well-being? Why or why not?



Im not sure

What, if anything, keeps you awake or disrupts your sleep after a hot workday?



Stress of upcoming tasks in coming days

If you had an extra hour in the evening, how would you use it to recover from heat stress?



Relaxation

Final Thoughts

Final two questions!

If you could give one piece of advice to someone just starting construction work about handling heat stress at home, what would it be?



Take a break

What is something about life after work in extreme heat that you wish more people understood?



Relax

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### Routines After Working a Really Hot Day

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What is the first thing you do when you get home after working in extreme heat?



Take a shower and get cleaned up.

**If you could describe your home routine after a long, hot workday in three words, what would they be?**



Drink hydration drinks and eat soup.



How much time do you typically spend unwinding before engaging in home activities (chores, family time, etc.)?



- ☐ No time, I jump right in
- ☒ Less than 30 minutes
- ☐ 30 minutes to an hour
- ☐ Over an hour

#### Physical and Mental Effects of Heat at Home

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!



What is the biggest challenge you face at home after working in high temperatures?



Resetting my mind and calming down.

**Which of these activities, if any, do you avoid after a long day in extreme heat? (Select all that apply)**



- ☐ Cooking meals
- ☐ Spending time with family
- ☒ Exercising or going outside
- ☐ Running errands
- ☐ House chores
- ☐ Other: .....

Do you find it harder to focus on home-related tasks after a hot workday? Why or why not?



After a hot day it harder to do outside chores.

### Impact on Social & Family Life

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

How do you usually respond to conversations or requests from family or friends after working in extreme heat?



Short answers

How would the people in your home describe your mood on particularly hot workdays?



tired and malaise.

Has working in extreme heat ever led to conflict or misunderstandings at home? If so, can you describe the situation?



No

## Managing Fatigue & Recovery

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What helps you feel better at home after working in the heat?



Cool shower.

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If you had unlimited resources, what is one thing you would change about your home environment to improve recovery from heat exposure?



Pool at the house

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Which of these factors has the biggest impact on your ability to recover after work?

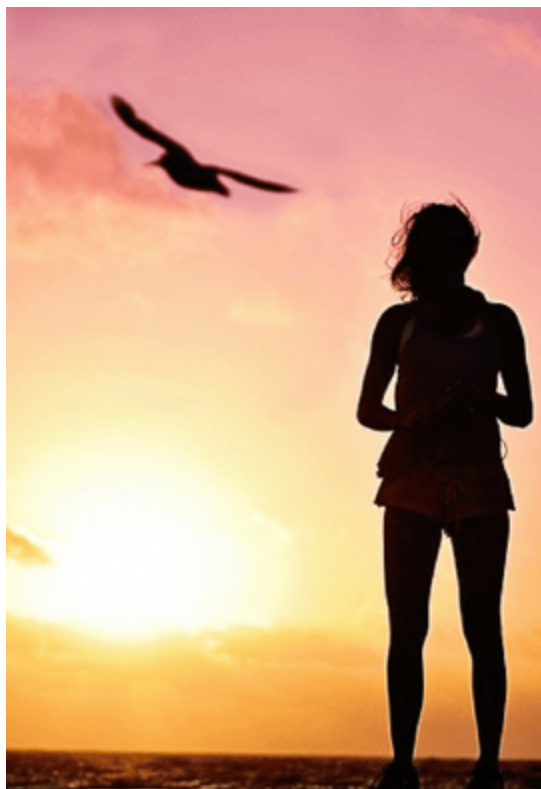


- ☒ Quality of sleep
- ☐ Home temperature (AC, fans, airflow)
- ☐ Time to rest before responsibilities
- ☐ Support from family or roommates
- ☐ Access to freshly prepared food and cold drinks
- ☐ Other: .....

### Sleep and Long-Term Effects

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

Do you think working in extreme heat has affected your long-term health or well-being? Why or why not?



Not really, just need extra time to recover.

What, if anything, keeps you awake or disrupts your sleep after a hot workday?



Non.

If you had an extra hour in the evening, how would you use it to recover from heat stress?



Sit around in Cool temperatures.

Final Thoughts

Final two questions!

If you could give one piece of advice to someone just starting construction work about handling heat stress at home, what would it be?



Stay hydrated during the day, and try to leave work at work.

What is something about life after work in extreme heat that you wish more people understood?



Extreme heat make you a lot more tired and sometimes causes headaches if not properly hydrated.

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### Routines After Working a Really Hot Day

This section is optional! Feel free to skip any questions you don't want to answer. We just want to learn a little more about your experience in your own words—no pressure!

What is the first thing you do when you get home after working in extreme heat?



Chill in my pool

---

If you could describe your home routine after a long, hot workday in three words, what would they be?



Time to relax



How much time do you typically spend unwinding before engaging in home activities (chores, family time, etc.)?



- ☐ No time, I jump right in
- ☐ Less than 30 minutes
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#### Physical and Mental Effects of Heat at Home

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

What is the biggest challenge you face at home after working in high temperatures?



Doing work around the house

**Which of these activities, if any, do you avoid after a long day in extreme heat?** *(Select all that apply)*



- ☐ Cooking meals
- ☐ Spending time with family
- ☐ Exercising or going outside
- ☒ Running errands
- ☒ House chores
- ☐ Other: .....

Do you find it harder to focus on home-related tasks after a hot workday? Why or why not?



Yes, because I had enough

### Impact on Social & Family Life

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

How do you usually respond to conversations or requests from family or friends after working in extreme heat?



To the point

How would the people in your home describe your mood on particularly hot workdays?



Relax

Has working in extreme heat ever led to conflict or misunderstandings at home? If so, can you describe the situation?



No

## Managing Fatigue & Recovery

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!



What helps you feel better at home after working in the heat?



Sitting in my pool and watching the news



If you had unlimited resources, what is one thing you would change about your home environment to improve recovery from heat exposure?



A lot of liquids

---

Which of these factors has the biggest impact on your ability to recover after work?



- ☐ Quality of sleep
- ☒ Home temperature (AC, fans, airflow)
- ☐ Time to rest before responsibilities
- ☐ Support from family or roommates
- ☐ Access to freshly prepared food and cold drinks
- ☐ Other: .....

### Sleep and Long-Term Effects

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Do you think working in extreme heat has affected your long-term health or well-being? Why or why not?



No

What, if anything, keeps you awake or disrupts your sleep after a hot workday?



if I do not have a fan on me

If you had an extra hour in the evening, how would you use it to recover from heat stress?



spend it in my pool

Final Thoughts

Final two questions!

If you could give one piece of advice to someone just starting construction work about handling heat stress at home, what would it be?



Where are the correct clothing and where hat. Make sure you have enough water to last the day.

What is something about life after work in extreme heat that you wish more people understood?



it's a lot different from working in AC all day

You're all done!

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### Routines After Working a Really Hot Day

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What is the first thing you do when you get home after working in extreme heat?



relax and maybe watch tv



If you could describe your home routine after a long, hot workday in three words, what would they be?



rest, recover and eat

How much time do you typically spend unwinding before engaging in home activities (chores, family time, etc.)?



- ☐ No time, I jump right in
- ☒ Less than 30 minutes
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#### Physical and Mental Effects of Heat at Home

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What is the biggest challenge you face at home after working in high temperatures?



joining others going out and doing a lot of stuff.

**Which of these activities, if any, do you avoid after a long day in extreme heat? (Select all that apply)**



- ☒ Cooking meals
- ☐ Spending time with family
- ☒ Exercising or going outside
- ☒ Running errands
- ☒ House chores

☐ Other: .....

Do you find it harder to focus on home-related tasks after a hot workday? Why or why not?



no, but i sometimes don't have the energy

### Impact on Social & Family Life

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

How do you usually respond to conversations or requests from family or friends after working in extreme heat?



happy to hear from them but sometime i just want to relax



How would the people in your home describe your mood on particularly hot workdays?



tired

Has working in extreme heat ever led to conflict or misunderstandings at home? If so, can you describe the situation?



sometimes i get in trouble for not helping out

## Managing Fatigue & Recovery

Again, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!



What helps you feel better at home after working in the heat?



relaxing and watching my shows

If you had unlimited resources, what is one thing you would change about your home environment to improve recovery from heat exposure?



having a maid

---

Which of these factors has the biggest impact on your ability to recover after work?



- ☐ Quality of sleep
- ☐ Home temperature (AC, fans, airflow)
- ☒ Time to rest before responsibilities
- ☐ Support from family or roommates
- ☐ Access to freshly prepared food and cold drinks
- ☐ Other: .....

### Sleep and Long-Term Effects

Same, this section is optional! We'd love to hear your thoughts, but if you'd prefer not to answer, that's perfectly fine too. Your input helps us understand your experiences, but no pressure!

Do you think working in extreme heat has affected your long-term health or well-being? Why or why not?



it probably effects some relationships with friends

What, if anything, keeps you awake or disrupts your sleep after a hot workday?



no, i sleep good

If you had an extra hour in the evening, how would you use it to recover from heat stress?



nap

Final Thoughts

Final two questions!



If you could give one piece of advice to someone just starting construction work about handling heat stress at home, what would it be?



make sure you get at least 8 hours of sleep

What is something about life after work in extreme heat that you wish more people understood?



how much sweating can zap your energy

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