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# Individual Responses to Heat Stress: Implications for Hyperthermia and Physical Work Capacity

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**Background:** Extreme heat events are increasing in frequency, severity, and duration. It is well known that heat stress can have a negative impact on occupational health and productivity, particularly during physical work. However, there are no up-to-date reviews on how vulnerability to heat changes as a function of individual characteristics in relation to the risk of hyperthermia and work capacity loss. The objective of this narrative review is to examine the role of individual characteristics on the human heat stress response, specifically in relation to hyperthermia risk and productivity loss in hot workplaces. Finally, we aim to generate practical guidance

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## Reduce Normal Activity Levels During Extreme Hot Weather USA

A individuals metabolic heat production varies with fitness level, acclimatization, age and body type.

Urban Heat Health Ri Coping with heat il

