



***WHAT'S HOT WITH HEAT: A ROUNDUP OF CURRENT RESEARCH,
PROTOCOLS, AND LIFE-SAVING MEASURES
FACT SHEET***

- American football linemen make up over 90% of all Exertional Heat Stroke (EHS) deaths in collegiate and secondary school American football deaths
- Most EHS that occur in football happen during training and conditioning sessions, not during competitions
- High school EHS deaths tend to occur with football over all other sports
- More than half of sport-related American football fatalities result from Sudden Cardiac Arrest (SCA) and EHS
- Heat stress is a serious occupational health hazard affecting millions of workers
- More than 13 million American workers are exposed to extreme heat during the summer
- More than 90% of exertional injuries reported to OSHA are heat-related
- Occupational heat exposure contributes not only to heat illness, but increased risk of injury, cardiac events, cognitive dysfunction, and falls
- Climate trends, increased environmental heat exposure, and physically-demanding work, amplify risk across both outdoor and indoor industries
- Workers experiencing heat stress may work more slowly; require more breaks; experience cognitive impairment; or miss work altogether
- Productivity declines by approximately 2.6% for every degree above 75.2°F
- Workers have reported being up to 35% less productive on days they experience heat stress
- Global productivity losses associated with occupational heat stress are projected to reach trillions of dollars annually by 2030
- Heat mitigation strategies are not only protective for workers — they are also operationally and economically beneficial
- Effective heat safety programs help sustain workforce performance and reduce production losses
- As of June 2026, 20 states mandate or require the Wet Bulb Globe Temperature (WBGT) to measure heat stress during sports participation, with Texas being the most recent

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