

# Human Factors and Ergonomics Namibia Newsletter

As we enjoy the **last day of summer** and welcome autumn, the average air temperatures in Namibia remain high with an average of the highest daytime temperatures ranging between **20 - 34 degrees Celsius\***.

**Heat Stress** can occur in individuals who work in hot environments and who's body can not adequately cool, which may result in **overheating**.

Some contributory factors may include their **shifts, tasks, clothing and hydration levels**.

**Educate employees about the signs of heat stress and encourage them to report symptoms early.**



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