



It's Getting Hot in Here: The Dangers of Urban Heat Island Effect

By Laura Exar

Overview

- Topic: Urban Heat Island Effect
- Location: Washington, D.C.
- Audience: People who work outdoors
 - E.g. Construction workers, gardeners, vendors

Potential Actionable Takeaways

- Tips for staying cool
 - Clothing, hydration, areas to keep cool, foods to avoid
- Signs of heat exhaustion/heat stroke in others (& what to do)
 - Breath, sweat, pulse
- Explanation of the dangers
 - Why Urban Heat Island Effect occurs, what areas are more dangerous
- Resources
 - OSHA App

Literature Review

- [The Urban Heat Island: Implications for Health in a Changing Environment](#)
- [Hot and Getting Hotter: Heat Islands Cooking U.S. Cities](#)
- [Assessing Vulnerability to Urban Heat: A Study of Disproportionate Heat Exposure and Access to Refuge by Socio-Demographic Status in Portland, Oregon](#)
- [Coping with the impacts of urban heat islands. A literature based study on understanding urban heat vulnerability and the need for resilience in cities in a global climate change context](#)