



HEAT STRESS

Ideas for Taking Action

Wisconsin Environmental Public Health Tracking Program



TAKING ACTION

We know it's a challenge to translate data into action. To help get you started, we created a short menu of potential strategies for addressing heat stress. To help communities of all sizes and resource levels, we organized this guide by the scope of the strategy, from addressing knowledge, attitudes, and skills to addressing laws and policies. Each strategy contains links to more resources.

INDIVIDUAL LEVEL | Knowledge, Attitudes, Skills

- Educate residents about the [signs and symptoms of heat stress](#).
- Educate residents about [risk factors for heat stress and tips for staying cool](#).

INTERPERSONAL LEVEL | Family, Friends, Social Networks

- Train supervisors of outdoor worksites and recreational areas about how to [prevent, identify, and treat heat stress](#).
- Train doctors to talk to patients who are active outdoors for work or play about [heat stress prevention](#).
- Train coaches and teachers to [prevent, identify, and treat heat stress](#) at sports practice and recess.
- [Check on older, sick, or disabled individuals](#) during heat waves.

ORGANIZATIONAL LEVEL | Organizations, Schools, Workplaces

- Utilize [heat stress toolkits](#).
- Partner with businesses to [create new cooling centers](#).

COMMUNITY LEVEL | Design, Access, Connectedness, Spaces

- [Work with the media to warn residents](#) about upcoming excessively hot days.
- [Coordinate and promote cooling centers](#) during excessively hot days.
- Consider [incorporating certain types of permeable pavement](#) into sidewalk, road, and parking lot projects.
- [Increase availability of shaded areas](#) in parks, public gathering spaces, and school grounds.
- [Plant trees in strategic locations](#).
- [Promote and incentivize rain gardens, green roofs, and other bioretention systems](#) in lieu of heat retaining surfaces.

POLICY LEVEL | National or Local Laws and Policies

- Establish a [protocol for responding to extreme heat days](#).
- Encourage organizations that have employees or customers outdoors to have [policies for handling heat stress incidents](#).

Find more strategies and explore heat stress data at dhs.wisconsin.gov/epht.

WISCONSIN ENVIRONMENTAL PUBLIC HEALTH TRACKING PROGRAM

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