

Bulletin n°33

Veille thermique

Période : janvier 2026

Objectifs :

L'INRS est de plus en plus sollicité sur des questions concernant les activités en entreprise par forte chaleur : les activités en extérieur, l'été en période de canicule, mais aussi les activités en intérieur, dans des lieux aux conditions thermiques extrêmes. L'objectif de cette veille est de se tenir informé sur ces thématiques, dans une période où la problématique thermique croît avec les changements climatiques.

La bibliographie extraite de la base de données INRS-Biblio, permet la consultation des ressources en version PDF.

Les liens mentionnés dans le bulletin donnent accès aux documents sous réserve d'un abonnement à la ressource.

La validation des informations fournies (exactitude, fiabilité, pertinence par rapport aux principes de prévention, etc.) est du ressort des auteurs des articles signalés dans la veille. Les informations ne sont pas le reflet de la position de l'INRS.

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EPI, matériaux protecteurs/refroidissants

K. Tokizawa and H. Otani.

Can evaporative cooling attenuate physiological and perceptual responses during exercise in Hot/Dry and Warm/Humid environments?

INDUSTRIAL HEALTH. 2026;64(1):33-44.

<https://doi.org/10.2486/indhealth.2025-0100>

This study evaluated the effects of evaporative cooling using a water-soaked inner t-shirt with a ventilation garment on physiological and perceptual responses during walking in Hot/Dry (40 degrees C, 30% relative humidity) and Warm/Humid (32 degrees C, 80% relative humidity) environments (wet-bulb globe temperature [WBGT] 31.5 degrees C). Eight men performed a 60-min moderate-intensity exercise protocol under control (CON, fan-off of a ventilation jacket while wearing a dry inner t-shirt) and evaporative cooling conditions (EVA, fan-on of a ventilation jacket while wearing an inner t-shirt soaked with 350 ml of tap water) in each environment. Rectal temperature was similar to 0.4 degrees C lower during exercise in EVA than CON in both Hot/Dry (37.7 +/- 0.4 vs. 38.1 +/- 0.3 degrees C, $p=0.001$) and Warm/Humid (37.8 +/- 0.4 vs. 38.2 +/- 0.4 degrees C, $p=0.002$), with no difference between environments. Whole-body sweat loss in EVA was halved compared to CON in both Hot/Dry (0.56 +/- 0.12 vs. 1.08 +/- 0.23 kg, $p<0.001$) and Warm/Humid (0.47 +/- 0.10 vs. 1.12 +/- 0.21 kg, $p<0.001$). Thermal sensation and discomfort were lower in EVA than in CON in both environments (both $p<0.05$). Thus, wearing a water-soaked inner t-shirt with a ventilation garment helps mitigate thermophysiological and perceptual responses in environments where ambient temperature exceeds skin temperature and in high humidity (\leq WBGT 31.5 degrees C).

Y. D. Zhao, Y. H. Xu and J. T. Fan.

A coupled heat and moisture transfer model for smart clothing with temperature adaptive porosity and thermal emissivity.

BUILDING AND ENVIRONMENT. 2026;290.

<https://doi.org/10.1016/j.buildenv.2025.114181>

With the increasing energy consumption and environmental concerns, personal thermal management via smart thermoregulatory clothing has emerged as a crucial strategy for significant energy savings, which is essential for reducing the reliance on air conditioning. However, most existing research on intelligent textiles remains at the experimental stage, lacking well-established quantitative thermoregulatory models. In this study, we innovatively developed coupled heat and mass transfer partial differential equations that incorporate temperature-adaptable porosity and surface emissivity. In order to validate the model, we conducted experiments using a multimodal temperature-regulating garment equipped with temperature-responsive actuators. The simulation results of the developed model highly agree with measured data. The maximum relative errors in thermal and moisture resistance are 0.0673 and 0.0167, respectively, which confirms the model's reliability and accuracy in evaluating the thermal and moisture comfort of smart clothing. Moreover, compared with existing models, our model considers temperature-dependent structural variations in smart textiles and their impact on human thermal comfort. Our findings present an innovative solution for personal thermal management. The framework guides advanced fabric design, and also offers insights into practical challenges and solutions, promoting the smart textile industry.

Y. Y. Zhang, J. Li, J. Li and W. H. Zhang.

Effects of PCM cooling vest design parameters on garments' regional performance under low-level radiant heat exposure.

JOURNAL OF THE TEXTILE INSTITUTE. 2026.

<https://doi.org/10.1080/00405000.2026.2622878>

There is no consensus regarding the optimal design parameters of PCM cooling garments for reducing heat strain under low-level radiant heat exposure, nor on their differentiated configuration strategies for different body regions. This highlights the urgent need for a systematic investigation of the factors affecting clothing performance. In this study, the effects of radiant intensity, PCM packet gap, and phase change temperature on the heat transmission and thermal protection performance of different torso regions under uniform thermal radiant intensity were explored. The investigation was conducted using the thermal manikin ANDI, employing an experimental strategy that combined single-factor analysis with orthogonal optimization. The results indicate that the effects of these three factors on the performance of each vest region are relatively independent of one another. Among these factors, radiant intensity has the most significant impact. Based on the human body's physiological characteristics, it is preferable to use a smaller PCM packet gap in the chest and lower back compared to other regions, and a higher phase change temperature in the chest to prolong cooling time. The acceptable wearability of the PCM cooling vest was further confirmed by wearing trials. These findings can provide methodological support for establishing performance evaluation standards for PCM cooling garments and the development of high-performance personal thermal protection equipment.

S. W. Wang, T. Liu, X. H. Gui and L. Ding.

Phase change cooling garment for thermal stress reduction: experimental evaluation and predictive modeling.

ERGONOMICS. 2026.

<https://doi.org/10.1080/00140139.2025.2606780>

This study experimentally evaluated a novel phase change cooling garment (PCCG) designed to alleviate heat stress for live-line workers. Tests were conducted in a climate chamber (38 degrees C, 75% RH) with 15 participants performing treadmill walking at 5km/h. The PCCG demonstrated a maximum observed cooling duration of 116 minutes. It significantly reduced mean skin temperature by 2.6 +/- 0.8 degrees C and core temperature by 0.7 +/- 0.2 degrees C. Furthermore, the garment notably decreased sweat volume from 0.83 +/- 0.13 kg to 0.55 +/- 0.10 kg, reducing the comprehensive heat stress index from severe to mild. Subjective thermal comfort and thermal sensation votes improved significantly without inducing cold discomfort. A machine learning model (BP-RFE-SVM-PSO) developed to predict thermal comfort achieved an accuracy of 95.6% under these controlled laboratory conditions. The results demonstrate the PCCG's effectiveness in enhancing physiological and perceptual responses for workers in hot-humid environments.

R. Lucena, N. Almeida and P. Simoes.

Physiological Impact of Personal Protective Equipment in Distinct Thermal Environments.

COMPUTATIONAL SCIENCE AND ITS APPLICATIONS-ICCSA 2025 WORKSHOPS, PT III2026. p. 105-21.

https://doi.org/10.1007/978-3-031-97596-7_7

Chemical, biological, radiological, and nuclear (CBRN) military teams face extreme conditions due to the hazardous nature of their work and the characteristics of personal protective equipment, which can cause a rapid and dangerous increase in vital physiological parameters in hot climates. This study investigated the physiological impact of personal protective equipment in distinct thermal environments (high vs ambient). A sample of Military Academy students, with characteristics similar to members of CBRN teams, performed a 30 min physical protocol while wearing personal protective equipment. The primary aim was to analyse the variation of physiological parameters (core temperature, skin temperature, and heart rate) and subjective perceptions of thermal stress (thermal sensation, thermal comfort, perception of skin moisture, and rate of perceived exertion) in military personnel. The data was analysed using various descriptive statistical methods, combined with adequate statistical inference techniques considering non-parametric statistical methods for hypothesis testing development. The results demonstrated that personal protective equipment use exacerbates thermal strain, particularly in hot environments, leading to increased core and skin temperatures, as well as heart rate. The perception of thermal discomfort and skin moisture also increased in warmer conditions. Particularly, male participants tended to report feeling warmer, less comfortable, and experiencing more skin moisture at ambient temperature compared to females. It is concluded that understanding the impact of personal protective equipment under varying thermal conditions is crucial for preventing adverse clinical situations and optimizing the safety and performance of military personnel in risk scenarios. The implemented protocol may also be valuable in assessing the adaptability to different environments in admission tests for CBRN teams.

EPI, matériaux protecteurs/réchauffants

S. Singh, V. Midha and M. Sikka.

Thermophysiological comfort in multilayered clothing for cold weather: a scientific overview.

JOURNAL OF THERMAL ANALYSIS AND CALORIMETRY. 2026.

<https://doi.org/10.1007/s10973-026-15317-6>

In extremely cold climates, multilayered clothing systems are essential for maintaining both physiological comfort and thermal protection. The principles, components, and performance traits of multilayered clothing are thoroughly examined in this review, with a focus on breathability, moisture management, and thermal insulation. Wearer safety and comfort are directly impacted by the way the base, mid, and outer layers of fabric interact to determine overall heat retention and vapor transmission. Additionally, the study investigates the effects of fiber composition, fabric structure, and cutting-edge material technologies such as phase-change materials (PCMs), aerogels, and sophisticated nonwovens. The efficiency of multilayered ensembles in dynamic activity-based and environmental settings is also examined. The results emphasize the need to optimize layer combinations in order to reduce heat loss and cold stress by striking a balance between moisture regulation and thermal insulation. Incorporating current developments in textile engineering and human thermoregulation research, this review offers a scientific basis for creating high-performance cold weather clothing.

*Graphical Abstract*The numerous effects on thermophysiological comfort in multilayered garment systems in cold weather are depicted in this illustration. The heat and moisture balance at the skin-clothing-environment interface is determined by the interaction of important external environmental factors like air temperature, humidity, solar radiation and wind speed, as well as clothing properties (air permeability, moisture management, and thermal insulation) and human physiological activity. In order to maximize the performance of cold weather clothing, the Figure highlights the dynamic interaction between human factors, clothing systems, and environmental stressors.

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Maladies liées à la chaleur

Y. Yamamura, T. Hongo, T. Yumoto, F. Sasai, K. Tokioka, T. Obara, T. Nojima, J. Kanda, S. Yokobori, H. Naito, T. Yorifuji and A. Nakao.

Association of Wet-Bulb Globe Temperature with heat-related illness hospitalizations in Japan: a time-stratified, case-crossover study.

INTERNATIONAL JOURNAL OF EMERGENCY MEDICINE. 2026;19(1).

<https://doi.org/10.1186/s12245-025-01112-x>

Background Heat-related illnesses are a serious public health concern and are exacerbated by global warming. Wet-Bulb Globe Temperature (WBGT) is widely used as a heat stress indicator, but its clinical impact remains unclear. This study aimed to investigate the association between hourly variations in WBGT and the incidence of hospitalizations for heat-related illness in Japan using a nationwide database. By incorporating individual-level clinical data and performing stratified analyses, we sought to provide a more granular understanding of how heat exposure affects the risk of heat-related illness requiring hospitalization. *Methods* We conducted a time-stratified, case-crossover study using data collected from July to September in 2020 and 2021 in the Heatstroke STUDY registry. The inclusion criteria were patients registered in the Heatstroke STUDY registry, specifically hospitalized patients with heat-related illness who were transported to participating hospitals during the study period. Hourly WBGT values were assigned based on the nearest monitoring station to each hospital. Conditional logistic regression and distributed lag models were used to estimate associations between WBGT and the risk of hospitalization. *Results* A total of 1,653 heat-related illness hospitalizations were analyzed. The mean patient age was 67.9 years; 67.6% were male. Each 1 degrees C increase in WBGT at onset (hospital arrival) was associated with a significantly increased risk of hospitalization (OR 1.10, 95% CI: 1.05-1.15). The cumulative effect over the prior six hours was also significant (OR 1.56, 95% CI: 1.50-1.62). Compared with WBGT<25 degrees C, adjusted ORs were 3.39 (25-27 degrees C), 8.81 (28-30 degrees C), and 22.10 (>= 31 degrees C). Stratified analyses suggested stronger associations among several subgroups; however, only patients with mental disorders showed statistically significant effect modification, whereas elevated WBGT posed a risk across all groups.

X. C. Guo, C. Nkwopara, C. E. Peters, P. J. Villeneuve and C. B. McLeod.

Impact of heat exposure on workers' health and safety: a scoping review.

OCCUPATIONAL AND ENVIRONMENTAL MEDICINE. 2026.

<https://doi.org/10.1136/oemed-2025-110281>

Several studies have synthesised the health impacts of occupational heat exposure, yet previous reviews were limited in scope and only focused on specific diseases, high-risk industries or selected countries. This scoping review aimed to summarise global epidemiological evidence on health outcomes associated with occupational heat exposure, examine factors that may modify heat–health associations among workers and identify knowledge gaps to inform the development of more effective jurisdiction-specific heat policies. A search strategy reflecting heat, worker and health was applied to Ovid MEDLINE, Ovid EMBASE, CINAHL and Web of Science, and grey literature of EuropePMC, ProQuest and SafetyLit, to retrieve studies investigating associations between occupational heat exposure and illness and injury. Studies were independently reviewed by two reviewers to assess eligibility. A narrative synthesis approach was used to compare, contrast and synthesise the most relevant findings. This review included 92 studies that estimated associations between heat and various health outcomes,

including workplace illness and injury, heat-related illness and deaths, kidney diseases, cardiovascular diseases, cancer, abnormal bone mineral density, skin diseases, eye diseases, infertility and mortality. The included studies presented conflicting evidence on heat–health associations: some observed stronger risks with rising temperatures, some observed smaller positive or reduced risks at extreme temperatures and others reported no associations. The discrepancies may be explained by differences in heat measurements and outcome ascertainment, methodological limitations, geographical variations and the varying impacts of demographic, work-related and individual factors. Jurisdiction-specific heat policies are needed to protect workers from acute and chronic health conditions.

N. Bhati and A. Sheth.

Occupational heat stress and adaptation among outdoor workers: a narrative review of global evidence and policy responses.

INTERNATIONAL JOURNAL OF BIOMETEOROLOGY. 2026;70(1).

<https://doi.org/10.1007/s00484-025-03101-4>

Occupational heat stress is an escalating global health concern, particularly for outdoor workers exposed to rising temperatures due to climate change. This narrative review synthesizes evidence from 42 peer-reviewed articles and 13 policy documents published between 2014 and 2025, focusing on the health impacts, determinants, and adaptation strategies for outdoor workers. The review identifies a high prevalence of heat-related illnesses-including heat exhaustion, dehydration, kidney disorders, and productivity loss-across sectors such as agriculture, construction, and informal labour. Key vulnerability factors include individual health status, environmental conditions, and inadequate workplace policies. Adaptation strategies found to be most acceptable and effective include improved hydration, loose breathable clothing, scheduled rest breaks in shaded areas, and modification of work practices. Policy case studies from California, India, Qatar, and Europe highlight the importance of context-specific regulations, enforcement, and community outreach in reducing heat-related morbidity and mortality. However, significant gaps remain in the implementation of adaptive measures, especially for informal and vulnerable worker populations. The review underscores the urgent need for integrated, gender-sensitive, and enforceable adaptation strategies, alongside further research to strengthen resilience among outdoor workers facing increasing heat stress due to climate change.

A. Nath, S. Sahu and J. K. W. Lee.

An Umbrella Review of Systematic Reviews and Meta-Analyses on Occupational Heat Exposure, Health Risks, and Productivity Losses Globally.

CURRENT ENVIRONMENTAL HEALTH REPORTS. 2026;13(1).

<https://doi.org/10.1007/s40572-025-00520-8>

Background Workplace heat exposure, intensified by climate change, increasingly threatens workers' health, safety, and productivity, especially in the agriculture, construction, and manufacturing sectors. However, current evidence is fragmented due to varied study designs, and the absence of an integrated, multidisciplinary synthesis. *Objectives* This umbrella review synthesizes findings from current systematic reviews and meta-analyses to appraise the health and productivity outcomes of workplace heat exposure, assess evidence quality, and identify critical research and policy gaps. *Methods* Fourteen systematic reviews and meta-analyses (published up to 31st March 2025) were included following predefined (PECOS) criteria. Methodological fidelity was analyzed using the AMSTAR checklist, and the strength of evidence was evaluated using the GRADE approach. *Results* The fidelity of the included

reviews was rated from moderate to high, while the robustness of evidence spanned from low to moderate due to study heterogeneity and observational designs. Consistent evidence links workplace heat exposure to higher risks of heat-related illness, reduced eGFR (AOR = 3.50, 95% CI: 1.30-9.40) resulting renal impairment, cognitive decline, and injuries (1% increase in risk per 1 degrees C rises in temperature). Emerging findings suggests heat-induced sub-cellular and molecular damage (i.e., increased 8-OHdG, HSP70), reduced sperm quality, indicating cellular dysfunction. Women and relocated workers face greater physiological strain. Productivity losses affect 30-60% of exposed workers, with prior estimates suggesting annual global economic losses of approximately \$2.1 trillion. **Conclusions** Workplace heat hazards significantly threaten global workforce health and economic resilience. Urgent, coordinated interventions, robust policy measures, and high-quality longitudinal research are required to alleviate these risks.

Travail par fortes chaleurs et périodes de canicule

A. Riesco-Sanz.

Collective bargaining and social dialogue as instruments to protect workers from heatwaves and climate change in the European Union.

INDUSTRIAL HEALTH. 2026;64(1):45-60.

<https://doi.org/10.2486/indhealth.2025-0112>

This article presents a comparative analysis of how collective bargaining and social dialogue contribute to protecting European workers from the effects of high temperatures linked to climate change. The study focuses on five European countries-Spain, Italy, Greece, the Netherlands, and Hungary-which together provide a comprehensive and nuanced overview of the current situation across Europe. The methodology is primarily qualitative, based on 11 case studies (covering both sectors and companies), 60 interviews with key informants, and an in-depth analysis of the existing legal framework for heatwave prevention in both public health and occupational safety and health (OSH) contexts. The study also includes a detailed review of collective agreements and other social dialogue tools-such as heat action plans and OSH catalogues-to assess the extent to which high temperatures are addressed in collective bargaining in the selected countries. The empirical evidence reveals that high temperatures are still only marginally addressed in European collective bargaining, and significant challenges remain. Nevertheless, the fieldwork also identified several initiatives which, despite their limitations, represent steps forward in worker protection and could serve as examples of good practice.

A. Haque, M. Mohona, S. Sultana, R. Raihan, T. Aziz and R. Islam.

Heatwave-induced health hazards of construction workers in urban areas of Bangladesh.

CLIMATIC CHANGE. 2026;179(1).

<https://doi.org/10.1007/s10584-025-04098-w>

Heatwave - a climate extreme event is a prolonged period of abnormally hot weather, which flows significantly above the normal nature in a particular region during a specific time. It can disrupt not only daily life but also pose intense health risks on human beings, especially the labor class. This study analyzes the role of socio-economic factors influencing worker's vulnerability to heatwaves, identify the physical health impacts of heatwaves on construction workers, and explore the workplace initiatives to reduce the impacts of heatwaves. Sequential explanatory design, a type of mixed methods approach was employed in this study. The investigation reveals that construction workers cannot lead a sound life and are unable to buy heat-mitigating products due to socio-economic disparities. They are economically vulnerable as there are fewer earning members in the family and have more dependents. For this reason, they are forced to work overtime even in the extremely hot weather. They experience various physical health challenges while working, i.e. excessive perspiration, dehydration, fatigue, headache, dizziness, fainting, and heatstroke. Sometimes, they do not get sufficient heat-mitigating products from employers. Thus, they are impacted physically and economically and have even the highest risks of mortality. This paper argues that construction workers are vulnerable to physical health risks due to extreme heat. They do not have access to sufficient heat-mitigating equipment and the financial capacity to buy these protective measures. Therefore, this study suggests that these physical risks can be lessened by providing heatwave mitigating products, increasing wages, reducing working hours, increasing proper rest breaks, strengthening local medical support, constructing shaded areas near workplace, and enhancing awareness campaign.

E. Errico and D. Di Nunzio.

Heatwaves and occupational health and safety in Italy: the role of trade unions and social dialogue.

INDUSTRIAL HEALTH. 2026;64(1):96-106.

<https://doi.org/10.2486/indhealth.2025-0107>

This study examines the role of trade unions and social dialogue in shaping the Italian prevention system for occupational health and safety (OHS) risks associated with heatwaves. Drawing on the European project Adaptheat, it addresses a research gap on the short-term impacts of climate change on the workforce and the interventions of social actors to address them. The methodology combined literature review, documentary analysis, and qualitative interviews with different stakeholders, including workers, in Apulian agriculture and in logistics warehouses. Findings show that trade unions have been pivotal in translating scientific evidence-particularly from the Workclimate project-into institutional measures and into collective bargaining agreements. Despite regulatory progress, the system relies mainly on regional ordinances, resulting in fragmented and reactive prevention rather than integrated and proactive planning. Compared with international benchmarks, the Italian case underscores the need to strengthen the regulatory framework, linking heatwave related OHS protection with broader labour and social rights.

G. Guerri, A. Crisci, V. Capecci, M. Bonafede, A. Marinaccio and M. Morabito.

Nationwide heat-related workability loss and adaptation measures: development of a geospatial tool to support work management in heat conditions.

INDUSTRIAL HEALTH. 2026;64(1):3-16.

<https://doi.org/10.2486/indhealth.2025-0031>

Heat reduces labor productivity, leading employers to adjust work schedules. However, no international climate service exists for managing heat-related productivity losses. This study estimated summer workability loss (WL) across Italy for various 8-h work shifts and integrated the data into a WebGIS tool providing municipal-level insights. Global ERA5 climatological data (2009-2017) was downscaled to a 2.5 km grid over Italy and the workability equation calculated WL for different shifts (5am-1pm, 6am-2pm, 7am-3pm, 8am-4pm, 9am-5pm). The data was integrated into the Google Earth Engine (GEE) App for improved visualization. Compared to WL for workers performing high metabolic rate tasks in the sun, WL decreased significantly ($p < 0.01$) for moderate metabolic rate tasks in the sun (60%) and for high metabolic rate tasks in the shade (over 90%). Starting shifts earlier than 9am reduced WL: by 4% starting 1 h earlier and nearly halving WL starting 4 h earlier (5am). The GEE "Workclimate 2.0 App" (<https://ee-workclimate.projects.earthengine.app/view/workabilityloss>) visualizes these findings. This study shows that rescheduling work hours and providing shade can significantly reduce WL in Italy, though additional heat adaptation strategies are needed to fully mitigate WL. The GEE App is the first international climate service for analyzing heat-related WL across working shifts.

M. A. Idris, A. Gitter, E. Deemer, Y. Zhang and J. J. Gao.

Work- and hydration-related health outcomes prevalence among USA construction workers: evidence from the national survey.

FRONTIERS IN PUBLIC HEALTH. 2026;13.

<https://doi.org/10.3389/fpubh.2025.1721825>

Background Construction workers face elevated risks of heat-related illnesses, yet hydration and rest break policies remain inconsistent across regions and are not federally mandated. *Objective* To evaluate the association between occupational conditions and hydration-related health outcomes among national construction workers, focusing on regional disparities and policy relevance amid increasing ambient temperatures. *Methods* We analyzed 2023 National Health Interview Survey data, focusing on adults employed in the construction industry ($n = 1,231$) versus other industries ($n = 16,241$). We assessed participant self-reported back pain, diagnosed fatigue, cognitive difficulty, injury, and general health, while using regional indicators with higher temperatures, and the 2023-2024 national record-breaking heatwave, as hydration proxies. Weighted descriptive statistics, multivariate regression models, and sensitivity analyses were used to examine associations. *Results* West region construction workers had the largest negative associations with back pain ($\beta = -0.18$), injury ($\beta = -0.52$), cognitive difficulty ($\beta = -0.15$), and better general health ($\beta = -0.09$), followed by the Midwest and Southern region workers for back pain and better general health. Workers' race, sex, educational attainment, Body Mass Index (BMI), and marital status play a crucial role in workers' reported health outcomes, with non-Hispanic Asians at higher odds of severe back pain, fatigue, and cognitive difficulty. *Conclusion* Hydration access is a critical, yet underregulated factor in preventing heat-related health outcomes in occupational settings across the USA. There is an urgent need for enforceable national standards mandating water and rest breaks for construction workers, particularly in high-heat regions given recent policies that have removed water breaks in the Southern region.

Actualités janvier 2026

- Travail par fortes chaleurs et périodes de canicule

[Bill aimed at ending OSHA efforts to finalize proposed heat rule.](#) Safetyandhealthmagazine.com, 06 janvier 2026

[CNESST links fatal fall to heat stress, lack of fall protection.](#) Thesafetymag.com, 20 janvier 2026

[Study shows California's heat standard revisions led to fewer worker deaths.](#) Nrca.net, 20 janvier 2026

[Too hot to work: How Kenya's scorching January is forcing workers to hide from the sun.](#) 31 janvier 2026

[Food delivery riders brave 'brutal' 40C heat so we don't have to – but who's protecting them?](#) 31 janvier 2026

- Maladies liées à la chaleur

[Surge in heat-related illness as temperatures continue to soar across south-east.](#) Abc.net.au, 09 janvier 2026

[Fireman treated for heat exhaustion after wind-whipped Dunoon blaze.](#) lol.co.za, 09 janvier 2026.

[Firefighter taken to hospital for heat exhaustion, 100 people evacuated after blaze in Tampines.](#) Straitstimes.com, 10 janvier 2026

- EPI, matériaux protecteurs/refroidissants

[Firefighter protective gear restricts movement and may increase injury risk.](#) News-medical.net, 24 janvier 2026