Too hot to handle

With many front-line workers donning personal protective equipment (PPE) amid the Covid-19 pandemic, Singapore researchers, working with counterparts overseas, look at the risk of heat stress and how this can be reduced.

A study of healthcare workers in Singapore and India has found that a majority of those who have to wear personal protective equipment (PPE) experience symptoms of thermal strain, including excessive sweating, exhaustion and dizziness.

The Covid-19 pandemic has resulted in more front-line workers having to wear PPE for a prolonged period of time.

In a paper published in the peer-reviewed International Journal of Environmental Research and Public Health on Tuesday, the researchers said that this exacerbates these workers’ risk of thermal strain.

The study’s senior and corresponding author, Associate Professor Jason Lee of the National University of Singapore’s Yong Loo Lin School of Medicine, explained yesterday that thermal strain refers to the amount of heat a person accumulates when you (who will be affected), but those whom you care for.

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