

## **COMBAT HEAT STRESS WITH ACTIVE COOLING**

The Kore Kooler Rehab Chair provides an effective means of lowering body temperature through hand and forearm immersion. Combined with resting and hydration, hand and forearm immersion is an effective way to lower the impact of stress on health and safety.

# WHAT IS HEAT STRESS?

Heat stress occurs when the body's internal core temperature rises above its normal level. As core temperature rises, so does the risk of heat stress. A core temperature greater than 100.4°F is dangerous and can lead to heat stress.

Heat stress factors include: air temperature, humidity, radiant heat, air movement, the physical demands of work, the clothing worn, and the work performed. The potential dangers of heat stress range from heat rash, heat cramps and heat exhaustion to potentially fatal heat stroke.

# **HOW CAN HEAT STRESS BE AVOIDED?**

Utilize the six R's of rehabilitation

- Rest
- Rehydration—fluid intake (hydration)
- Restoration—active cooling
- Rx—medical monitoring and treatment
- Relief—from extreme climatic conditions
- Refueling—where required
- Train personnel in proper rehab procedures
- Use active cooling and forearm immersion to keep cool

# **HOW FOREARM IMMERSION WORKS**

The Kore Kooler Rehab Chair relies on direct contact of the skin with a large volume of ambient temperature water (50-86°F). The many blood vessels running through the arms and hands, located close to the skin's surface, make this technique an excellent method to safely reduce core temperatures. Heat moves through the blood vessels and skin into the cooler water, and then the cooled blood returns to the heart and pumps throughout the body.



## **AVAILABLE AS**

- Kore Kooler Rehab Chair (RH2001)
- Replacement Reservoir Bags (RH2002)
- Replacement Headrest (RH1999)

### WATER RESERVOIRS DOUBLE AS ARM RESTS



Firefighters, athletes, construction workers, and anyone exerting themselves in the heat can lower the impact of heat stress with hand and forearm immersion.

#### SPECIFICATIONS

- Seat height: 16"
- Chair weight: 11 lb.
- Weight limit: 300 lb.
- Sling construction of chair provides a hammock effect for support and relaxation
- Head cushion attached to back of chair



Use this cooling chair for general seating and relaxation by simply snapping in the armrest flaps that securely cover the water reservoirs.

#### CONTENTS

- One Kore Kooler Chair
- Removable Head Cushion
- Vented Carrying Bag
- Two Reservoir Bags

