PEER Life Science Properties of Hazards: Dangerous Living Notes Outline KEY

**Introduction**

* Environmental Hazards are hazards that everyone is exposed to in their everyday lives. These hazards are part of nature but can be very harmful if the proper precautions aren’t taken.
* We are usually able to make lifestyle and occupational choices that may increase our risk of exposure to things that may adversely affect our health.

**Lesson**

* Physical hazards are environmental hazards which are not chemicals or elements or organisms, but those that you could feel or hear.
* Environmental temperature can cause serious health effects by increasing or decreasing the body temperature.
* The Heat Balance Equation is a mathematical model for measuring the change of temperature in the body.
* Heat stroke, heat exhaustion, dehydration, heat syncope, heat cramps, and heat rash are all examples of health effects associated with a hot environment.
* Reduced blood flow to skin, shivering, frostbite, and hypothermia are all examples of health effects associated with a cold environment.
* Exposure to noise could lead to health effects such as hearing loss.
* Vibration is the back-and-forth, side-to-side, and up-and-down motion of the body that starts from and returns to the same reference position.
* Radio nucleotides are materials, which produce radiation, such as X-rays, gamma rays, alpha particles and beta particles.
* Metals are the oldest toxin known to man. Health effects due to exposure to metals could range from skin lesions to cancer.
* Arsenic can be found in both volcanoes and contaminated drinking water.
* The three metals that are essential for our growth and development, but can become toxic in high amounts are iron, zinc, and selenium.
* The metal that is found in seawater is gold.