Participants rated the cooling vest trials with significantly less exertion for all time periods after initiation of the trial.

**Results:**

- Significant difference in the weight loss (sweat loss) between the cooling vest trial (1.26 ± 0.8 kg) and the no vest trials (1.63 ± 0.4 kg).
- On average, 1.5% level of dehydration with the vest as compared to 1.9% in the no vest trial.

**Heart Rate**

Reduced heart rate and cardiovascular drift suggests that wearing a cooling vest when working in the heat reduces thermal and cardiovascular strain. “Cardiovascular drift” occurs as a result of sweat losses that reduce the circulating blood volume.

**Skin Temperature**

Mean skin temperatures are lower when wearing the cooling vest.

**Core temperature**

Was reduced when wearing a cooling vest versus no vest.

**Dehydration**

Cooling vests were shown to reduce the body’s level of dehydration by 21%.

**Endurance**

Wearing the cooling vest prolonged work time by an average of 16.4% before reaching a 2°C increase in core temperature, adding an average of 11.25 minutes to work times.