

Staying Safe in the Heat!

Source: www.cdc.gov/niosh/topics

The sweltering heat affects everyone differently and although we're familiar with what to do (water, rest, shade), so we always follow those rules?

How do we emphasize heat safety concerns with our employees and families who will be spending lengthy periods outdoors during the summer months? Further, how do we help coaches and athletes prepare for upcoming summer/fall training in an effort to keep everyone safe from heat-related injury?

A useful resource, the 'OSHA-NIOSH Heat Safety Tool' for planning outdoor activities is based on how hot it feels throughout the day. This valuable tool uses real-time heat index and hourly forecasts, specific to your location, as well as occupational safety and health recommendations from OSHA and NIOSH.



The OSHA-NIOSH Heat Safety Tool features:

- >A visual indicator of the current heat index and associated risk levels specific to your current geographical location
- >Precautionary recommendations specific to heat index-associated risk levels
- >An interactive, hourly forecast of heat index values, risk level, and recommendations for planning outdoor work activities in advance

- >Editable location, temperature, and humidity controls for calculation of variable conditions
- >Signs and symptoms and first aid information for heat-related illnesses

To download the app:

For Android - <https://play.google.com/store/apps/details?id=erg.com.nioshheatindex>

For iPhone - <https://itunes.apple.com/us/app/osha-niosh-heat-safety-tool/id1239425102?mt=8>