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Summer 2019 | Volume 1 Issue 1 | *ACWA JPIA Risk Management for the Water Industry*

Heat safety tips and tools

As part of an effective **Heat Illness Prevention Program**, Cal/OSHA requires employers and assigned supervisors to check in advance the daily weather and monitor the extended forecast. Work schedules need to be planned in advance, taking into consideration if high temperatures or a heat wave is expected. This type of advanced planning should take place whenever the temperature will reach 75 degrees Fahrenheit or higher. Check local weather forecasts using the National Weather Service or local news. Cal/OSHA requires supervisors to take specific actions related to water, shade, breaks, emergency response, and employee monitoring when temperatures reach 80 degrees or exceed 95 degrees Fahrenheit.

The **OSHA-NIOSH Heat Safety Tool App** is a useful resource for supervisors to use for monitoring the weather. The app features real-time heat index and hourly forecasts specific to location; as well as other safety, health, and first aid recommendations.

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YOUR BEST PROTECTION

How do I use the OSHA-NIOSH Heat Safety Tool App?

The app provides recommendations to prevent heat-related illnesses, and reduce heat stress in outdoor workers based on local weather conditions used to calculate the heat index.

Heat Index – If your location service is enabled, the temperature and humidity data will automatically download and the current heat index will be displayed. Beneath the calculated heat index is the associated "Precautions" button for the risk level. By clicking on "Precautions", you will arrive on a screen with risk level-specific recommendations.

Hourly Heat Index Forecast – If you are interested in planning your work activities for the entire shift around the heat index, there is an hourly feature that will allow you to scroll through and determine the hottest hours of the day, along with the corresponding risk level and precautions.

Symptoms and First Aid – At the bottom of your app screen you will always have easy access to heat-related illness symptoms and first aid.

More – The "More Tips" provides information about being prepared for emergencies, training, acclimatization, hydration, monitoring workers for heat-related illness, and breaks. There is also a list of risk factors associated with heat-related illnesses.

References and source content throughout:
Cal/OSHA www.dir.ca.gov/dosh/heatillnessinfo.html
NOISH www.cdc.gov/niosh/topics/heatstress/heatapp.html

Download the OSHA-NIOSH Heat Safety Tool App at:

https://itunes.apple.com/us/app/osha-niosh-heat-safety-tool/id1239425102?ls=1&mt=8 or

https://play.google.com/store/apps/details?id=erg.com.nioshheatindex

For more information from Cal/OSHA Heat Illness Prevention Program and eTool, go to www.dir.ca.gov/dosh/etools/08-006/index.htm

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