Protecting Workers From Heat

When temperatures and humidity climb, it's helpful to have a way to determine heat index and how to apply that to worker safety.

The National Institute for Occupational Health (NIOSH) has an App for that!

The app gathers temperature and humidity data to deliver real-time heat index based on your location. (Temperature and Humidity determine heat index.)

To download the free app from your mobile device:
1. Go to the Google Play Store (Android) or App Store (iPhone)
2. Search: 'OSHA NIOSH Heat Safety Tool'
3. Click on the App icon from the menu
4. Click 'Install'
5. Click 'Open' when prompted, after the app is fully downloaded

The app reveals:
- Threat level
- Hourly risk protection
- Symptoms of heat-related illnesses
- First Aid
- Risk Factors

Get the FAQs on Heat Index and Download the App

Likelihood of Heat Disorders Based on Exposure

Remember, there is a BIG differentiator of how heat affects people, called "acclimatization".
- A worker who is used to the climate will be able to handle heat better than someone who has just traveled to the area and is not used to the climate
- Additionally, humidity directly affects the body's ability to regulate its core temperature through evaporation of sweat on the skin

To help combat heat-related illness, companies should develop their own criteria as to when additional fluids should be made available, or when work/rest schedules should be adjusted. Knowing the heat index can indicate when, and what measures are necessary to help keep workers safe on the job.