H S E
HEALTH SAFETY ENVIRONMENTAL

SAFETY ALERT

Alert #: SA 25-23

Date: June 29, 2023

Heat Stress Safety

As we enter the summer of 2023, we have seen record highs across the United States, particularly in the great plains and southern regions. With this said, being mindful of the needs of your body in these harsh environments can help prevent the onset of dehydration or other heat related illnesses.

There are several types of heat related illness such as:

- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Although each of the above-mentioned illnesses carry different signs symptoms, each can also easily be prevented.

One tool that can help aid in the prevention of heat related illnesses is the OSHA-NIOSH Heat Safety Tool. This is a resource that can be loaded onto many different types of smart phone devices and allows users to plane outdoor work activities based on how hot it feels throughout the day. It has a real-time heat index and hourly forecast specific to your location. It also provides occupational safety and health recommendations from OSHA and NISOH.

While this tool is **NOT** mandatory for employees to use, it is highly recommended not just for use in your occupational career, but also for time spent away from work in your leisure hours.

As shown above, this tool can be found in your smart devices app store and is free of charge.

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 levels, and recommendations for planning outdoor work activities.

- Location, temperature, and humidity controls, which you can edit to calculate for different conditions.

- Signs and symptoms and first aid for heat-related illness.

Please remember to only use electronic devices in intrinsically safe areas or as dictated by customer and/or company policy.

Report all incidents immediately to the GIS Hotline
1-855-543-5163

Following your initial phone call, an incident report **must** be completed and e-mailed to:
incident@gisy.com