

# NWRA 2016 Safety Stand Down "WATER. REST. SHADE" -Heat Illness Prevention

(NOTE: move cursor over objects to uncover web-links to additional material)

**WATER. REST. SHADE.** *The work can't get done without them.*

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[Educational Resources](#)

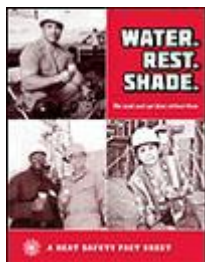
[Using the Heat Index](#)

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## OSHA Educational Resources: Fact Sheets / Posters / Training Material

To view and/or order heat-related documents, [visit OSHA's Publications page](#). Clicking "order now" will place the item in a virtual cart on the right side of the screen. To order multiple copies, please call 1-800-321-OSHA (6742).



### Illustrated, Low-Literacy Fact Sheets

*Construction and Agriculture:* Available in [English](#) (PDF\*) and [Spanish](#) (PDF)\*\*

*Oil & Gas and Construction:* Available in [English](#) (PDF\*) and [Spanish](#) (PDF)\*\*



### Worksite Training Poster

*Educational Poster to be used for training on heat illness symptoms and prevention.*

Available in [English](#) (PDF\*) and [Spanish](#) (PDF)\*\*



### Community Poster

*Awareness poster with heat illness prevention messages and OSHA contact information.*

Available in [English](#) (PDF\*) and [Spanish](#) (PDF)\*\*



### OSHA Heat Illness Prevention Training Guide

*A guide for employers to carry out heat safety training, with lesson plans (tailgate or toolbox talks).*

Available in [English](#) (PDF\*) and [Spanish](#) (PDF\*)



Safer. Smarter. Stronger.

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## Using the Heat Index: A Guide for Employers

*Guide to planning for heat at the workplace and taking precautions based on heat index.*

Available in [English](#) (PDF\*) and [Spanish](#) (PDF\*)



## Heat Stress QuickCard™

*Small, double-sided card to learn what precautions to take.*

Available in [English](#) (PDF\*), [Spanish](#) (PDF\*) and in [Vietnamese](#) (PDF\*)



## Outreach Wallet Card

*Two-sided business card with message on one side and heat illness symptoms on the other. QR Code links to OSHA Heat Illness Prevention Website to access more materials.*

*Can be kept in wallet to use in event of an emergency and great to hand out at worksites.*

Available in [English](#) (PDF\*) and [Spanish](#) (PDF\*) and **NEW** [Portuguese](#) (PDF\*)



## OSHA's Heat Smartphone App

*App calculates heat index for current location and provides guidance to prevent illness.*



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## Additional Resources for Workers and Employers

[Protecting Workers from the Effects of Heat Fact Sheet](#) (PDF\*). OSHA Fact Sheet (Publication 3743), (August 2014).

[Protecting Workers from Heat Illness](#) (PDF\*). OSHA-NIOSH Heat Illness Info Sheet, (2011).

[Occupational Heat Exposure](#). OSHA Safety and Health Topics Page.

[Protecting Yourself From Heat Stress](#). NIOSH Fast Facts (Publication 2010-114), (April 2010).

[Heat Stress](#). NIOSH Workplace Safety and Health Topics.

[Frequently Asked Questions \(FAQs\) about Extreme Heat](#). Centers for Disease Control and Prevention (CDC) Emergency Preparedness and Response.

[Beat the Heat: Heat Safety Resources](#). National Oceanic & Atmospheric Administration's (NOAA) National Weather Service.

[California Campaign to Protect Outdoor Workers From Heat Illness](#).\*\*\* Cal/OSHA.

[Heat Illness Prevention](#).\*\*\* Cal/OSHA, Division of Occupational Safety and Health (DOSH).

[Heat Illness Prevention eTool](#).\*\*\* Cal/OSHA.

[Quick Facts for Employees](#) (PDF) (English and Spanish). Oregon OSHA (QF-008 OR-OSHA).

[Outdoor Heat Exposure \(OHE, Heat Stress\)](#).\*\*\* Washington State Department of Labor and Industries.

[Website](#) and "[Don't Fry Day](#)". National Council on Skin Cancer Prevention (NCSCP).

[Sun Safety](#). Centers for Disease Control (CDC) Skin Cancer.