



SAFETY MONDAY

Special Edition: Stand Down Week

HEAT SAFETY TOOL

Be safe at work, at home and on every time you step outside.

It's always important to manage your Water, Rest, and Shade to prevent the deadly effects of Heat Illness.

To help manage heat illness, OSHA has a free smartphone app that provides all the needed information to keep you safe in your workplace.

The App calculates the heat index at your location or other locations. With a simple "click," you get information about drinking enough fluids (WATER), scheduling rest breaks, adjusting work (REST), planning for and knowing what to do in an emergency, and monitoring each other for warning signs and symptoms of heat-related illness. Full sunlight can increase heat index values by 15 degrees. Keep this in mind and plan additional precautions for these conditions.