

Heat Safety Tool



A screenshot of the OSHA Heat Safety Tool app showing a section titled 'Heat Illness: Signs and Symptoms'. The section is divided into two columns: 'Illness' and 'Symptoms'. Under 'Heat stroke', there is a 'First Aid' link and an illustration of a person's head with a red glow, indicating heat. The symptoms listed are: Red, hot, dry skin or excessive sweating; Very high body temperature; Confusion; Seizures; and Fainting. Under 'Heat exhaustion', there is a 'First Aid' link and an illustration of a person's head with a red glow, indicating heat. The symptoms listed are: Cool, moist skin; Heavy sweating; Headache; Nausea or vomiting; Dizziness; Light headedness; Weakness; Thirst; Irritability; and Fast heart beat. At the bottom of the screen are 'Home', '< Back', and 'More Info' buttons.

When you're working in the heat, safety comes first. With the OSHA Heat Safety Tool, you have vital safety information available whenever and wherever you need it - right on your mobile phone. The App allows workers and supervisors to calculate the **heat index** for their worksite, and, based on the heat index, displays a **risk level** to outdoor workers. Then, with a simple "click," you can get reminders about the **protective measures** that should be taken at that risk level to protect workers from heat-related illness-reminders about drinking enough fluids, scheduling rest breaks, planning for and knowing what to do in an emergency, adjusting work operations, gradually building up the workload for new workers, training on heat illness signs and symptoms, and monitoring each other for signs and symptoms of heat-related illness.