

Did you know?

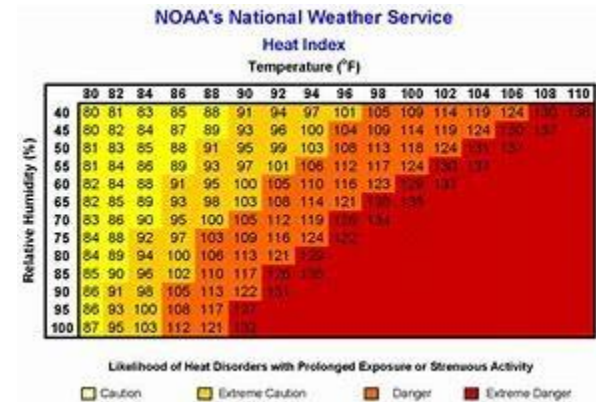
- On average, July is the hottest month in the contiguous United States.
- Over the last five years, West Bend has paid an average of more than \$500,000 annually on extreme temperature claims. These claims are largely due to heat exhaustion and heat stroke.

Occupational Safety and Health Administration (OSHA)

OSHA also recognizes this as a serious concern for all employees by including it as one of their National Emphasis Programs (NEPs). NEPs are temporary programs that focus OSHA's resources on particular hazards and high-hazard industries. This means OSHA will prioritize in-person visits to all employee complaints and all employer-reported hospitalizations related to heat hazards. One of the goals OSHA has set for their regional offices is to increase their heat inspections by 100% compared to the average amount of inspections from 2017-2021. You can learn more about this program at [National Emphasis Program - Outdoor and Indoor Heat-Related Hazards \(osha.gov\)](https://www.osha.gov/national-emphasis-program-outdoor-and-indoor-heat-related-hazards).

How does OSHA identify heat?

- OSHA uses the heat index chart to compare the relative humidity and temperature to get the "real feel" or heat index.
- OSHA and the National Institute for Occupational Safety and Health (NIOSH) have collaborated to create the **Heat Safety Tool**, an app that calculates the heat index and displays a risk level.



Factors leading to heat illnesses

- Heat index
- Direct sun or heat exposure
- Limited air movement
- Physical exertion
- Poor physical condition
- Some medications

Signs of heat-related illnesses

- Headaches, weakness, dizziness, or fainting
- Vomiting or upset stomach
- No sweating or dry skin (heat stroke)
- Loss of consciousness (heat stroke)
- Irritability or confusion
- Sweating profusely
- Seizures or convulsions (heat stroke)

Preventing heat-related illnesses

- Know the signs and symptoms.
- Monitor yourself and coworkers.
- Block direct sunlight and heat.
- Use cooling fans/air-conditioning.
- Rest regularly.
- Drink plenty of water.

What to do for heat-related illnesses

- Call 911 (if needed).
- Move to a cool, shaded area.
- Drink cool water.
- Loosen or remove heavy clothing.
- Fan and mist with water