

[OSHA Heat Illness Prevention](https://www.osha.gov/heat) - <https://www.osha.gov/heat>
Syncope, Heat cramps, heat exhaustion and heat stroke



[Occupational Heat Exposure](https://www.osha.gov/heat-exposure) - <https://www.osha.gov/heat-exposure>
National Emphasis Program – OSHA NEP CPL

[Heat Index](https://blogs-origin.cdc.gov/niosh-science-blog/2017/06/05/heat-index/) - Review of the calculation of temperature and additive effect of relative humidity
<https://blogs-origin.cdc.gov/niosh-science-blog/2017/06/05/heat-index/>

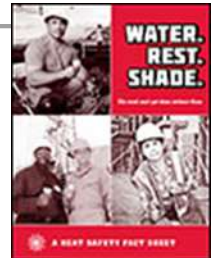
[NIOSH Heat Safety Tool Smartphone App Iphone](https://apps.apple.com/us/app/osha-niosh-heat-safety-tool/id1239425102) [Android](https://play.google.com/store/apps/details?id=com.nioshheatindex)
<https://apps.apple.com/us/app/osha-niosh-heat-safety-tool/id1239425102>
<https://play.google.com/store/apps/details?id=com.nioshheatindex>



OSHA Recordkeeping requirements – expanded to include required reporting a work-related fatality within 8 hours, **employers must report all in-patient hospitalizations**, amputations and loss of an eye to OSHA within 24 hours. For more information, visit <https://www.osha.gov/report.html>. Online reporting page: <https://www.osha.gov/pls/ser/serform.html>
HIPAA and OSHA - HIPAA stands for the Health Insurance Portability and Accountability Act of 1996, Public Law 104-191. The HIPAA privacy regulation requires “covered entities” to protect the privacy of individuals’ health information. <https://www.osha.gov/Publications/OSHA-factsheet-HIPPA-whistle.pdf>

[Publications](https://www.osha.gov/pls/publications/publication.athruz?pType=Industry&pID=571) - <https://www.osha.gov/pls/publications/publication.athruz?pType=Industry&pID=571>

NIOSH- <https://www.cdc.gov/niosh/topics/heatstress/default.html>



- [OSHA-NIOSH Infosheet: Protecting Workers from Heat Illness](#)
- [NIOSH Fast Facts: Protecting Yourself from Heat Stress](#)
- [NIOSH Workplace Safety and Health Topic: Heat Stress](#)
- [NIOSH Criteria for a Recommended standard: Occupational Exposure to Heat and Hot Environments](#)

BLS - <https://www.bls.gov/opub/ted/2021/43-work-related-deaths-due-to-environmental-heat-exposure-in-2019.htm>

Monitoring and Preventing Dehydration

<https://www.mayoclinic.org/diseases-conditions/dehydration/symptoms-causes/syc-20354086>

[Dehydration Indication Chart \(Urine Color\)](#)

https://gacc.nifc.gov/nwcc/content/pdfs/safety/DOD_Urine%20Color%20Test_Poster.pdf

Sunscreen (Food Drug Administration) - <https://www.fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun>

- [How to apply and store sunscreen](#)
 - [Types of sunscreen](#)
- [Understanding the sunscreen label](#)
 - [Sun protection factor \(SPF\)](#)
 - [Sunscreen ingredients](#)

- [Sunscreen expiration dates](#)
- [Sunscreens from other countries](#)

Sunscreen and bug repellent – Sunscreen First and Bug Repellent Second

<https://wwwnc.cdc.gov/travel/yellowbook/2018/the-pre-travel-consultation/sun-exposure>

Also, <https://blog.skincancer.org/2019/06/18/ask-the-expert-combination-insect-repellent-or-sunscreen/>

Other Agency's Heat Illness Resources for all Workers

[California Heat Illness Prevention Law](#) under Subchapter 7. General Industry Safety Orders;

Group 2. Safe Practices and Personal Protection; Article 10. Personal Safety Devices and Safeguards

<https://www.dir.ca.gov/title8/3395.html>

The California Heat Illness Prevention Resource Page - <https://www.dir.ca.gov/dosh/heatillnessinfo.html>

National Integrated Heat Health Information System <https://toolkit.climate.gov/nihhis/>

[Weather Ready Nation](#) (WRN) <https://www.weather.gov/safety/>



[Water in You](#) – Graphic - U.S. Geological Survey

https://www.usgs.gov/special-topic/water-science-school/science/water-you-water-and-human-body?qt-science_center_objects=0#qt-science_center_objects

Mayo Clinic – water and staying hydrated

https://www.mayoclinic.org/want-to-stay-hydrated-drink-before-youre-thirsty/art-20390077?_ga=2.1757169.1965690227.1562943712-135047759.1562789488

<https://newsnetwork.mayoclinic.org/discussion/safety-reminders-heatwave-heatstroke-and-hydration/>

Hot Car – Sun or Shade – US Climate Resilience Toolkit

<https://toolkit.climate.gov/topics/human-health/extreme-heat%E2%80%94nihhis/nihhis-quick-start-guide#outdoor>

OSHA Newsletter subscription <http://www.osha.gov/as/opa/quicktakes/subscribe.html>

This resource sheet has been developed by an OSHA Compliance Assistance Specialist and is intended to assist employers, workers, and others as they strive to improve workplace health and safety. While we attempt to thoroughly address specific topics, it is not possible to include discussion of everything necessary to ensure a healthy and safe working environment in an information sheet of this nature. Thus, this information must be understood as a tool for addressing workplace hazards, rather than an exhaustive statement of an employer's legal obligations, which are defined by statute, regulations, and standards. Likewise, to the extent that this information references practices or procedures that may enhance health or safety, but which are not required by a statute, regulation, or standard, it cannot, and does not, create additional legal obligations. Finally, over time, OSHA may modify rules and interpretations in light of new technology, information, or circumstances; to keep apprised of such developments, or to review information on a wide range of occupational safety and health topics, you can visit OSHA's website at www.osha.gov. July, 2019