

HEAT STRESS HANDBOOK

SOLUTIONS, SUPPORT AND OUR COMPLETE HEAT STRESS LINE-UP

TENACIOUS ergodyne WORK GEAR est. 1983

2023 Beat the HEAT CONTEST WINNER OSHA Occupational Safety and Health Administration

SWEET RELIEF FOR THE HOT AND BOTHERED

WHEN THE HEAT HITS THE STREETS AND YOUR BLOOD STARTS TO BOIL, CONSIDER US YOUR ROADSIDE OASIS ON THE HIGHWAY TO HELL.

OK, bad news first. The heat stress risk is way worse than you thought.

There's the record (per BLS): heat exposure causes 1,000s of injuries and about 40 deaths on the job every year.

And there's the reality (per OSHA): "Occupational heat-related illnesses, injuries, and fatalities may be underestimated".

"Underestimated"? Here's an example. An analysis of more than 11 million workers' compensation injury reports in California from 2001 through 2018 found that working on days with hotter temperatures likely caused about 20,000 injuries and illnesses per year in that state ALONE. That's 300 times the annual injuries and illnesses California OSHA (Cal/OSHA) attributes to heat. Three. Hundred. Times. No typo. Three-zero-zero.

So what gives?

Well, here's a biggie: folks much smarter than us have proven time and time again that heat melts away the brain's ability to do brain things at peak capacity. Reduced cognitive and physical functioning from the heat leads to recordables under another name . . . like, say, a "slip, trip or fall". Meanwhile, the true instigator keeps a clean record. That heat stress is a real stinker.

Now for the good news: safeguarding your crew is as straightforward as it gets.

And while imitators have come and gone over the decades, nobody continues to bring more sweet relief solutions and expertise to the hot and bothered masses than the heat stress safety pioneers (that's us).

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VIEW DOCUMENT ONLINE HERE

THE KING OF COOL

By proclamation of the noble patrons of the worksite realm, let it be known far and wide: others may dabble, but we, purveyors of the finest protective gear in all the land, have ascended to the throne with a heat stress selection that reigns supreme.

PRINT'S NOT DEAD, IT'S JUST A LIL' PUTZY.

CHECK OUT ERGODYNE.COM FOR UP-TO-THE-NANOSECOND UPDATES ON OUR FULL LINE OF COOLING WORK GEAR

HYDRATION PACKS, COOLERS + WATER BOTTLES



JOBSITE FANS



SUNSCREEN



PORTABLE WORK SHELTERS



SHIRTS + SLEEVES



COOLING VESTS



COOLING TOWELS



COOLING HATS



COOLING HEADBANDS + BANDANAS



COOLING MULTI-BANDS + GAITERS



COOLING HARD HAT ACCESSORIES



WATER. REST. SHADE.

THE BASICS AS PRESCRIBED BY OSHA

From OSHA's mouth to your ears. These three words have long been the agency's straightforward prescription for safety in the swelter.

WATER

Workers must have access to fresh, pure and suitably cool water at all times for all employees, which means the water needs to be cooler than ambient air.

REST

More frequent and shorter periods of heat exposure are better than fewer, longer exposures. New employees and those returning from long absences should be especially mindful of work to rest ratio.

SHADE

Workers in high heat conditions need a place that will block the direct sunlight and gives them a place to rest, get hydrated, and keep cool.





WHAT'S YOUR RESPONSIBILITY?

By law, employers are responsible for providing workplaces free of known safety hazards, including extreme heat.

IT IS YOUR RESPONSIBILITY TO:

- ✓ Provide workers with water, rest and shade.
- ✓ Allow new or returning workers to gradually increase workloads and take more frequent breaks during the first week of work as they build a tolerance for working in the heat.
- ✓ Plan for emergencies and train workers on prevention.
- ✓ Monitor workers for signs of illness.



HYDRATION PACKS, COOLERS + WATER BOTTLES

Industrial coolers, hydration packs and water bottles for a convenient source of cool, clean refreshment that encourages crews to keep on chuggin'. Save the gin and juice for after the whistle blows—chug-a-lug on good old-fashioned H2O all day to live long and prosper.





5171
INDUSTRIAL HARD SIDED COOLER - 48 QUART



5170
INDUSTRIAL HARD SIDED COOLER - 17 QUART

JOBSITE COOLER PALLET PROGRAM

SAVE UP TO 20%

DESCRIPTION	UNITS PER PALLET
5170 17qt. Jobsite Cooler	30
5171 48qt. Jobsite Cooler	20



5155
LOW-PROFILE HYDRATION PACK - 2 LITER BLADDER



5156
LOW-PROFILE HYDRATION PACK WITH STORAGE - 3 LITER BLADDER



5151
BPA-FREE WATER BOTTLE - 34OZ



5152
INSULATED STAINLESS STEEL WATER BOTTLE - 25OZ



5159
HYDRATION PACK BLADDER CLEANING KIT



5051B
3 LITER HYDRATION PACK REPLACEMENT BLADDER



5050B
2 LITER HYDRATION PACK REPLACEMENT BLADDER



5050M
MOUTHPIECE REPLACEMENT



3775S//3775L
CAN/BOTTLE HOLDER + TRAP



JOBSITE FANS

Rechargeable, portable and powerful. Chill-Its® Jobsite Fans put a hit of sweet relief right where you need it with 360° swivel action, multiple speeds and versatile mounting options...ahhhh...feel that? Glorious. So whether summer's laying it on thick or you're sweating it out in an attic turned hot yoga studio, you can rejoice and rejuvenate with every revolution. Stay breezy, baby.



MULTIPLE WAYS TO MOUNT



ROTATING HEAD

RUNTIME
LOW: 12HRS
HIGH: 5HRS



6090
RECHARGEABLE PORTABLE JOBSITE FAN



SUNSCREEN

Life may be a beach, but your workday? Far from it. You need full-throttle sunscreen formulated and tested to withstand the daily grind. So slather up with KREW'D®, the no BS SPF made to save your precious hide from the relentless blast of cancer-causing UV rays without all the frills, fragrances and fanciful beauty counter bunk—No stink. No drip. No bull.



6351
SPF 50 SUNSCREEN LOTION - 8OZ



6352
SPF 50 SUNSCREEN LOTION - 1.5OZ



6353
SPF 50 SUNSCREEN SPRAY - 5.5OZ



6355
SPF 50 SUNSCREEN LOTION - 32OZ

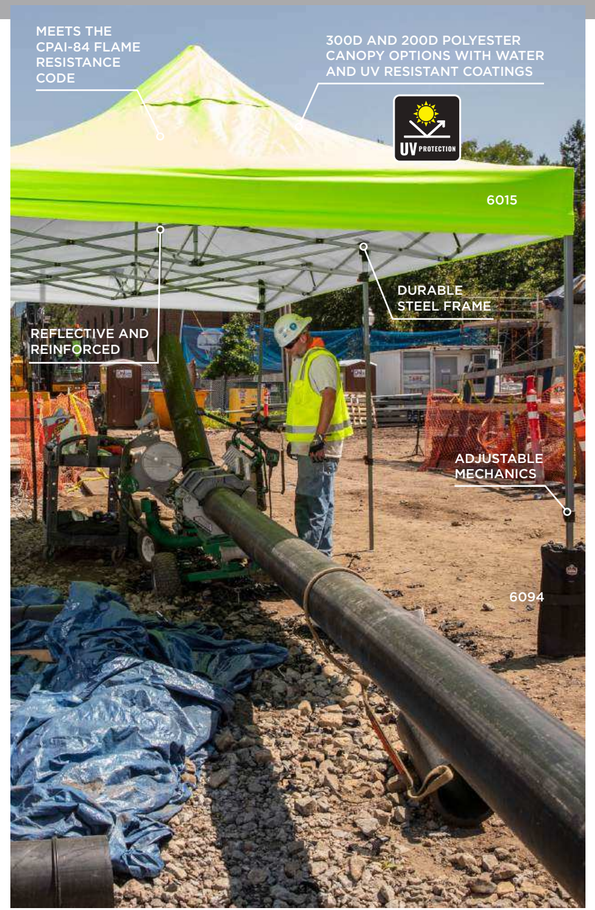
HYPO-ALLERGENIC | DERMATOLOGY TESTED | HAWAII ACT 104 COMPLIANT | WATER AND SWEAT RESISTANT | WON'T RUN IN EYES | NON-GREASY FORMULA | KREW'D SUNSCREEN

PORTABLE WORK SHELTERS

The sun—our neighborhood star and the basis of all life on earth. But, some days, our "friend" serves a serious beat down on workers by sapping productivity, dehydrating bodies and burning skin. Well, the cries of "Gimme Shelter" have been heard and SHAX® Portable Work Shelters are here to deliver.



6015
HEAVY-DUTY POP-UP TENT - 10FT X 20FT



SHAX SHELTER PALLET PRICING

SAVE UP TO 25%



BUY IN BULK AND SAVE BIG!

6000: 20 QTY. PALLET AVAILABLE
6010: 25 QTY. PALLET AVAILABLE
6015: 10 QTY. PALLET AVAILABLE





6051
HEAVY-DUTY POP-UP TENT KIT - 10FT X 10FT (INCLUDES 1 TENT, 2 STANDARD SIDEWALLS, 2 40LB WEIGHT BAGS AND 1 LARGE WHEELED STORAGE BAG)



6052
HEAVY-DUTY POP-UP TENT KIT + MESH WINDOWS - 10FT X 10FT (INCLUDES 1 TENT, 2 SIDEWALLS WITH MESH WINDOWS, 2 40LB WEIGHT BAGS AND 1 LARGE WHEELED STORAGE BAG)



6053
ENCLOSED POP-UP TENT KIT - 10FT X 10FT (INCLUDES 1 TENT, 1 ZIPPERED SIDEWALL, 3 STANDARD SIDEWALLS, 2 40LB WEIGHT BAGS AND 1 LARGE WHEELED STORAGE BAG)



6000
HEAVY-DUTY POP-UP TENT - 10FT X 10FT



6010
LIGHTWEIGHT POP-UP TENT - 10FT X 10FT

6005
10 X 10 CUSTOM BRANDED TENT

- Complete custom tent canopies with full-color wide dye sublimation
- No color limitations - entire canopy & valance printing capabilities
- Durable woven canopy with waterproof application
- Tested & approved, meets ASTM-84 & NFPA-701

Rep your company, charity or team by customizing our SHAX® 10x10 with a unique logo, pattern or slogan. Visit ergodyne.com/custom-tents for more info, including artwork requirements and pricing quotes.

**Only available on Shax® 6000 model*



PORTABLE WORK SHELTERS





6000C
REPLACEMENT POP-UP TENT CANOPY - 10FT X 10FT



6010C
REPLACEMENT POP-UP TENT CANOPY - 10FT X 10FT



6015C
REPLACEMENT POP-UP TENT CANOPY - 10FT X 20FT



6096
10' POP-UP TENT SIDEWALL WITH ZIPPER - 10FT x 10FT TENT



6097
20' POP-UP TENT SIDEWALL - 10FT x 20FT TENT



6098
10' POP-UP TENT SIDEWALL - 10FT x 10FT TENT



6091
10' POP-UP TENT SIDEWALL - 10FT x 20FT TENT



6054
10' POP-UP TENT SIDEWALL KIT - 10FT x 10FT TENT (INCLUDES 1 ZIPPERED SIDEWALL AND 3 STANDARD SIDEWALLS)



6092
10' POP-UP TENT SIDEWALL WITH MESH WINDOW - 10FT x 10FT TENT



6094
TENT WEIGHT BAGS - 2-PACK



6100
LIGHTWEIGHT WORK UMBRELLA



6199
LIGHTWEIGHT WORK UMBRELLA AND STAND KIT (INCLUDES 1 UMBRELLA AND 1 UMBRELLA STAND)



6190
UMBRELLA STAND



6192
UMBRELLA GROUND SPIKE



6193
UMBRELLA TRAILER HITCH MOUNT



6000B
REPLACEMENT 10FT x 10FT TENT STORAGE BAG



6015B
REPLACEMENT 10FT x 10FT TENT STORAGE BAG







COOLING PPE

BEYOND WATER. REST. SHADE.

Along with the biggies of water, rest and shade, experts recommend cooling PPE as a simple way to maintain safe body and skin temps throughout the shift.

FIND YOUR CHILL: ergo.zone/coolingtech >>>

CHILL-ITS COOLING TECHNOLOGIES:
THE [RE]BIRTH OF COOL

Cutting-edge tech transports sweet relief light years beyond frozen washcloths and clunky ice packs.



HOW TO USE COOLING TECHNOLOGIES TO PREVENT HEAT STRESS

What cooling gear is right for me?



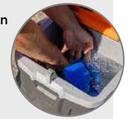
WET EVAPORATIVE TECHNOLOGY

HOW IT WORKS
Similar to sweat, advanced tech such as PVA, microfiber and polymers draw heat away from the body to keep you cooler longer.

BEST FOR
Hot and dry outdoor environments with low/moderate humidity and sufficient airflow.

COOLING TIME
Up to four hours.

HOW TO ACTIVATE
Run or soak in water for between 1-5 minutes (depending on technology).





DRY EVAPORATIVE TECHNOLOGY

HOW IT WORKS
Gradually releases water via evaporation from the inside out to keep you comfortably cool and dry.

BEST FOR
Hot and dry outdoor environments with low humidity and sufficient airflow.

COOLING TIME
Up to three days.

HOW TO ACTIVATE
Fill with 13-17oz of water.





PHASE CHANGE TECHNOLOGY

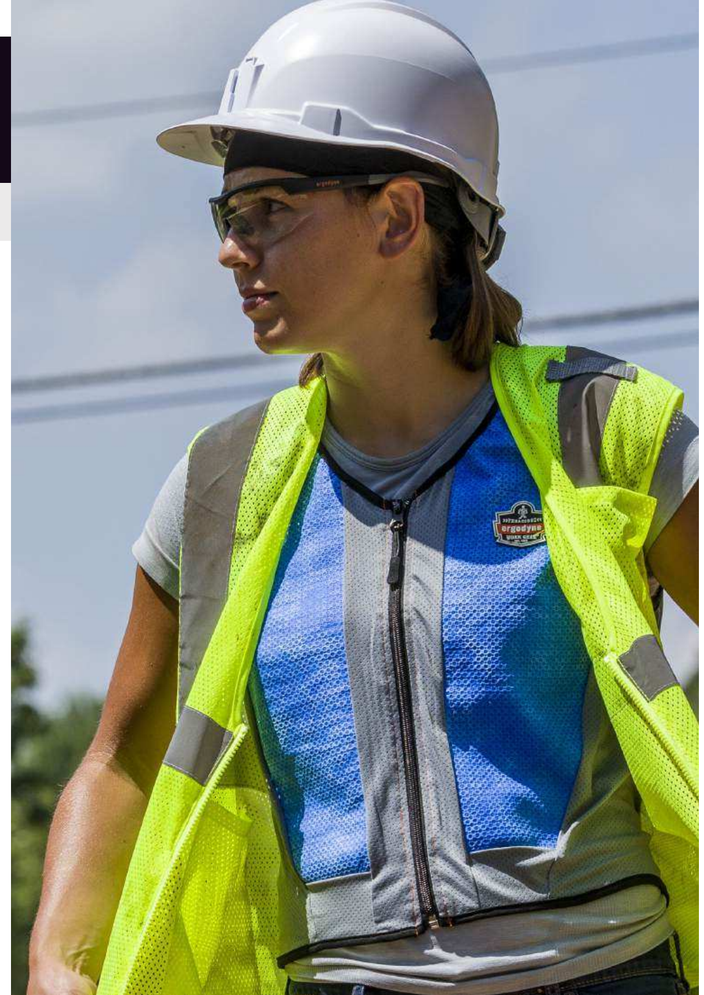
HOW IT WORKS
Low-bulk charge packs maintain constant 64°F (18°C).

BEST FOR
Hot indoor environments (no airflow required, indoors and under other layers).

COOLING TIME
Two to four hours (depending on type of vest).

HOW TO ACTIVATE
Place in cooler of ice water, freezer, refrigerator or near air conditioner for between 5-60 minutes (depending on method).





YOU NEED COOLIN' . . .

The foremost heat stress hot shots agree: OSHA's Water, Rest and Shade Guidelines are really just the start.

> "Body cooling is one of the most underutilized strategies. If [workers] have some sort of body cooling such as vests... that is going to be huge [in helping] them tolerate the heat."

- Maggie Morrissey, Director, Korey Stringer Institute, Laborer Division via Radio Free Tenacity podcast



Expert advice on eliminating heat-related illness and injury

Listen now!

SHIRTS + SLEEVES

Cool threads, man. Cover up, cool down and work smart with Chill-Its® Cooling Shirts and Sleeves—the frostiest UV-blocking, core-cooling, sweat-sopping fashion statement under the sun.





6500
WRIST SWEATBAND - TERRY CLOTH - PAIR



6691
COOLING ARM SLEEVES - PERFORMANCE KNIT - PAIR
SIZING: M-2XL





6689
COOLING LONG SLEEVE SUN SHIRT WITH UV PROTECTON
SIZING: S-3XL



6688
COOLING HI-VIS SUN SHIRT WITH UV PROTECTION - TYPE R, CLASS 2
SIZING: S-3XL



6695
SUN PROTECTION ARM SLEEVES - PAIR
SIZING: M/L & XL/2XL

Blue Camo American Flag



6690
COOLING ARM SLEEVES - PERFORMANCE KNIT - PAIR
SIZING: M-2XL

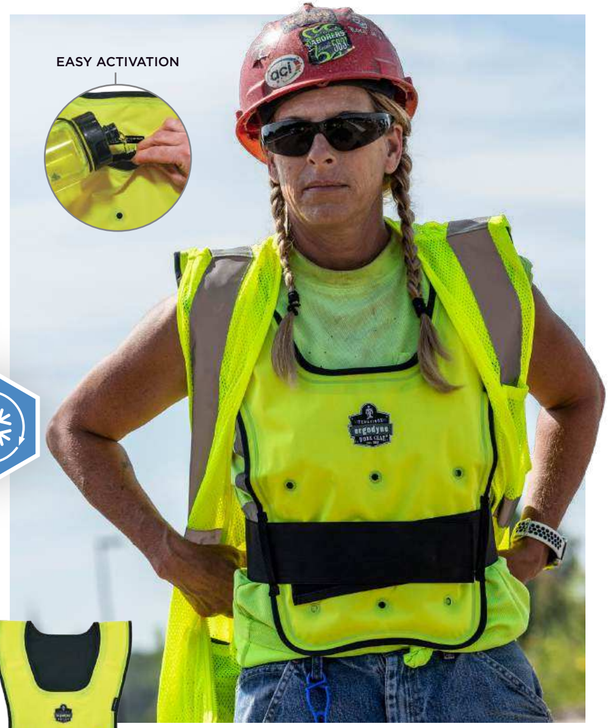
Lime Blue Black Gray

COOLING VESTS

When the gig flips you from frying pan to fire, Chill-Its® Cooling Vests keep you cool to the core. Choose from dry evaporative, wet evaporative and phase change technologies for heavenly relief in any hellscape, indoors or out.



6685
DRY EVAPORATIVE COOLING VEST - ZIPPER CLOSURE
SIZING: M-4XL





6687
DRY EVAPORATIVE COOLING VEST - ELASTIC WAIST
SIZING: S/M & L/XL



6665
EVAPORATIVE COOLING VEST - EMBEDDED POLYMERS, ZIPPER CLOSURE
SIZING: M-3XL



6667
WET EVAPORATIVE COOLING VEST - PVA, ZIPPER CLOSURE
SIZING: M-5XL



6668
HI-VIS SAFETY COOLING VEST - TYPE R, CLASS 2 - EMBEDDED POLYMERS, ZIPPER CLOSURE
SIZING: S-2XL



6215
PREMIUM FR PHASE CHANGE COOLING VEST WITH RECHARGEABLE ICE PACKS - 6225 WITHOUT ICE PACKS
SIZING: S/M & L/XL



6230
STANDARD PHASE CHANGE COOLING VEST WITH RECHARGEABLE ICE PACKS - 6235 WITHOUT ICE PACKS
SIZING: S/M & L/XL



6260
LIGHTWEIGHT PHASE CHANGE COOLING VEST WITH RECHARGEABLE ICE PACKS - 6255 WITHOUT ICE PACKS
SIZING: S/M-2XL/3XL



6240
PHASE CHANGE COOLING VEST ELASTIC EXTENDERS



6250
RECHARGEABLE PHASE CHANGE ICE PACKS FOR LIGHTWEIGHT COOLING VEST - 4-PACK



6220
RECHARGEABLE PHASE CHANGE ICE PACKS FOR COOLING VEST - 2-PACK
SIZING: S/M & L/XL





6210
PHASE CHANGE COOLING ICE VEST
SIZING: OS

COOLING TOWELS

Feel like a human salt lick lately? Chill-Its® Cooling Towels use evaporative technology to instantly transform sweat and water into hours of sweet cooling relief. It's not magic, it's science!

COOLING TOWEL COLORS

*Note: All colors not necessarily available in all styles. See specific product for listing.

Blue | Gray | Hi-Vis Lime

Orange | Pink | Black





6601
ECONOMY EVAPORATIVE COOLING TOWEL - PVA



6602
EVAPORATIVE COOLING TOWEL - PVA

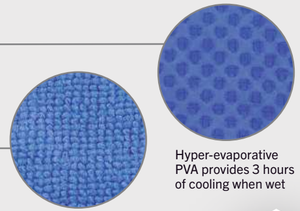


6602MF
EVAPORATIVE COOLING TOWEL - MICROFIBER



6603
EVAPORATIVE COOLING BAND TOWEL - PVA





6604
MULTI-PURPOSE COOLING TOWEL - PVA & MICROFIBER



6606FR
FR COOLING TOWEL



COOLING HATS

It's time to let cooler heads prevail. Chill-Its® Cooling Hats sop up sweat to turn hot n' bothered into heat-beating happiness—because keeping your cool (and keeping perspiration out of your eyes) is not only smart, it's safe.

CHILL-ITS® COLORS & PATTERNS

*Note: All colors not necessarily available in all styles.
See specific product for listing.







8934
RANGER HAT WITH NECK SHADE
SIZING: S/M & L/XL



8935CT
HI-VIS RANGER SUN HAT - PVA COOLING
SIZING: S/M-2XL/3XL



8935MF
HI-VIS RANGER SUN HAT - MICROFIBER COOLING
SIZING: S/M-2XL/3XL



8936
LIGHTWEIGHT RANGER HAT - MESH PANELING
SIZING: S/M & L/XL



8937
PERFORMANCE COOLING BASEBALL HAT



8939
COOLING BUCKET HAT



6650
HIGH-PERFORMANCE COOLING HAT AND NECK SHADE



6630
HIGH-PERFORMANCE SKULL CAP - TERRY CLOTH SWEATBAND



6632
COOLING SKULL CAP - PERFORMANCE KNIT





COOLING HEADBANDS + BANDANAS

When it feels like your gray matter is being brought to a boil, Chill-Its® Cooling Headbands and Bandanas are the simple solution for mind-blowing comfort. Soak in water, slap it on your head, and BAM. Instant brain freeze with every breeze.







6702
COOLING BANDANA - POLYMER EMBEDDED BATTING MATERIAL, TIE CLOSURE



6700
EVAPORATIVE COOLING BANDANA HEADBAND - POLYMERS, TIE CLOSURE



6700CT
EVAPORATIVE COOLING BANDANA HEADBAND - PVA, TIE CLOSURE



6700FR
EVAPORATIVE FR COOLING BANDANA HEADBAND - POLYMERS, TIE CLOSURE



6705
EVAPORATIVE COOLING BANDANA HEADBAND - POLYMERS, HOOK AND LOOP



6705CT
EVAPORATIVE COOLING BANDANA HEADBAND - PVA, HOOK AND LOOP



6605
HIGH-PERFORMANCE HEADBAND - TERRY CLOTH SWEATBAND



6550
HEAD SWEATBAND - TERRY CLOTH



6634
COOLING HEADBAND - PERFORMANCE KNIT



6615
HIGH-PERFORMANCE BANDANA DO RAG - TERRY CLOTH SWEATBAND



6710CT
EVAPORATIVE COOLING BANDANA TRIANGLE HAT - PVA, TIE CLOSURE



6710
EVAPORATIVE COOLING BANDANA TRIANGLE HAT - POLYMERS, TIE CLOSURE



6710FR
EVAPORATIVE FR COOLING BANDANA TRIANGLE HAT - POLYMERS, TIE CLOSURE

COOLING MULTI-BANDS + GAITERS

Head, neck, wrists . . . target key cooling zones with a charge of chill, cover up exposed skin and soak up the sweat before it blurs your view of a job well done.



Wear it as a face mask, headband, neck gaiter, do rag and more—adaptability is woven into the very fabric of every Chill-Its® Multi-Band.



6485
MULTI-BAND



MULTI-BAND COLOR & PATTERN AVAILABILITY:





6484
REFLECTIVE MULTI-BAND PERFORMANCE KNIT



6493FR
FR COOLING NECK GAITER



6486
FR MULTI-BAND



6487
COOLING MULTI-BAND - PERFORMANCE KNIT



6487R
REFLECTIVE COOLING MULTI-BAND - PERFORMANCE KNIT



6489
2-LAYER COOLING MULTI-BAND - PERFORMANCE KNIT

SIZING: S/M-2XL/3XL



6482
COOLING NECK GAITER BANDANA WITH RECHARGEABLE PHASE CHANGE ICE PACKS - 6483
WITHOUT ICE PACK - 6283 ICE PACK ONLY

SIZING: S/M & L/XL



MULTI-BAND CHANGE IT AS THE WIND BLOWS

Wear it as a face mask, headband, neck gaiter, do rag and more—adaptability is woven into the very fabric of every Chill-Its® Multi-Band. Made of soft, stretchable, machine-washable material for comfortable, breathable protection against sun, dust, debris, droplets and more. Thread for thread, it may be the hardest working member of the entire line of Tenacious Work Gear®.

FEATURES

- BLOCKS WIND, SUN & DUST – Ultimate protection from the elements and comfortable face coverage
- MACHINE WASHABLE – For clean re-use
- MULTIPLE WAYS TO WEAR – Wide variety of style and usage configurations
- LOW-PROFILE – Can be worn by itself or under a hard hat
- MOISTURE-WICKING – When dry, will absorb sweat & wick moisture away
- ANTI-MICROBIAL TREATMENT – Reduces odors caused by sweat

COOLING HARD HAT ACCESSORIES

Hard hat heat can take a hike. Chill-Its® Cooling Hard Hat Liners, Shades and Sweatbands seamlessly integrate into hard hat and safety helmet suspensions to prove that cool and compliant don't have to be mutually exclusive.



6717CT
EVAPORATIVE COOLING HARD HAT LINER PAD AND NECK SHADE - PVA





WATER + AIR = ACTIVATED COOLING HEADWEAR



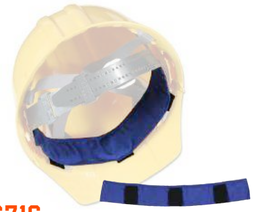
6660
HARD HAT BRIM AND NECK SHADE



6661
UNIVERSAL HARD HAT BRIM WITH NECK SHADE



6609
HARD HAT SWEATBAND LINER - TERRY CLOTH



6716
EVAPORATIVE COOLING HARD HAT LINER - POLYMERS



6612
MOISTURE-WICKING HARD HAT TOP PAD (3-PACK)



6613
MOISTURE-WICKING HARD HAT RATCHET PAD (3-PACK)



6611
MOISTURE-WICKING HARD HAT SWEATBAND (3-PACK)



6715CT
EVAPORATIVE HARD HAT COOLING PAD - PVA



6715
EVAPORATIVE HARD HAT COOLING PAD - POLYMERS



6670CT
EVAPORATIVE COOLING HARD HAT NECK SHADE - PVA



6717
EVAPORATIVE COOLING HARD HAT LINER PAD AND NECK SHADE - POLYMERS

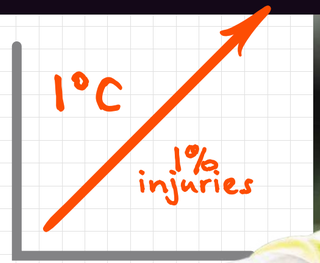


6717FR
EVAPORATIVE COOLING FR HARD HAT LINER PAD AND NECK SHADE - POLYMERS

HEAT STRESS ILLNESS + INJURIES

RISING TEMPS, RISING RISK

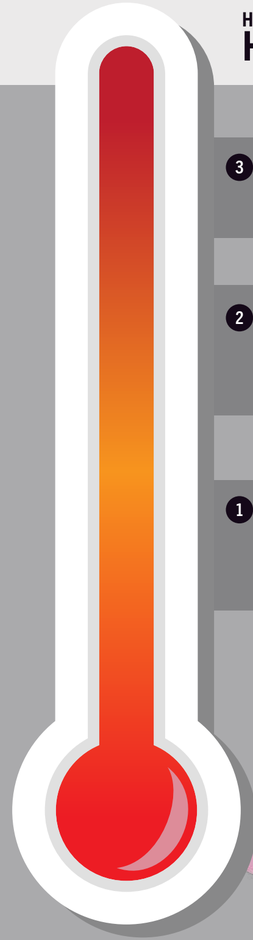
For every increase in tempeature by 1°C, there's a 1% increase in workplace injuries.



Source: USA Today

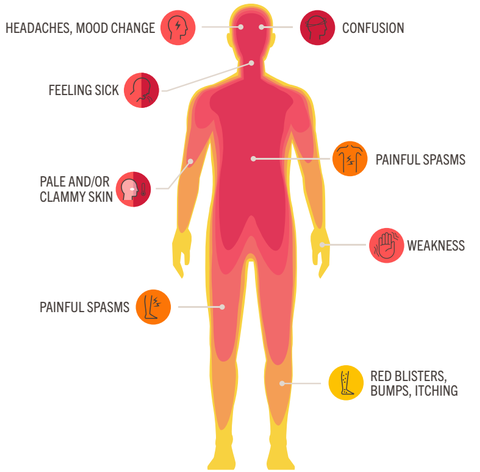
Visit **ergo.zone/heat** for more info on preventing heat stress illness and injuries

HOW HEAT STRESS HAPPENS



3. Severe illness occurs when body temperature reaches 104°F (40°C)
2. Once body temps reach 99.7°F (37.6°C), heat stress has begun to affect the body
1. Body's means of controlling its internal temperature starts to fail

HEAT STRESS ILLNESSES



HEAT RASH

HOW IT HAPPENS: Sweat ducts become clogged & sweat can't get to the surface of the skin

HOW TO TREAT IT: Keep the skin dry & rest in a cool place

HEAT CRAMPS

HOW IT HAPPENS: Salt & moisture levels are depleted through excessive perspiration

HOW TO TREAT IT: Move to a cool, shaded area, apply something cool, drink plenty of fluids

HEAT EXHAUSTION

HOW IT HAPPENS: Prolonged exposure to high temps & poor hydration

HOW TO TREAT IT: Move to a cool, shaded area, apply something cool, drink fluids & monitor

HEAT STROKE

HOW IT HAPPENS: When the body becomes unable to controls its core body temp

HOW TO TREAT IT: Seek medical attention immediately

HEAT STRESS INJURIES

> "Hazardous heat can impair job tasks related to complex cognitive function and also reduce decision-making abilities and productivity. Additionally, a growing body of evidence has demonstrated that these heat-induced impairments may result in significant occupational injuries that are not currently factored into assessments of the health hazards resulting from occupational heat exposure."

From *Heat Injury and Illness Prevention in Outdoor and Indoor Work*, Occupational Safety and Health Administration (OSHA)

HEAT STRESS STANDARDS

OSHA's National Emphasis Program (NEP) for Heat is the agency's first nationwide enforcement measure to protect millions of outdoor and indoor workers from the increasing threat of heat-related illness.

Building upon their ongoing initiatives, the NEP greenlights OSHA to conduct heat-related inspections on high-risk worksites while encouraging protective measures such as training, acclimatization procedures, and access to water, rest and shade.

TARGETED INDUSTRIES: CONSTRUCTION

- Residential + Commercial Building
- Utilities
- Roadwork
- Civil Engineering
- Contractors
- And more

TARGETED INDUSTRIES: NON-CONSTRUCTION

- Manufacturing
- Farming
- Transportation
- Automotive
- Warehousing + Storage
- And more

WHAT CAN YOU EXPECT DURING AN OSHA INSPECTION?

DURING INSPECTIONS, COMPLIANCE SAFETY AND HEALTH OFFICERS (CSHOS) WILL:

- ✓ **Review logs and incident reports** for entries indicating heat-related illness, as well as records of heat-related ER visits and ambulance transport.
- ✓ **Interview workers for symptoms of heat-related illnesses,** including headache, dizziness or dehydration.
- ✓ **Review employer's plans for addressing heat exposure** and associated training records. Identify all conditions and activities relevant to heat-related hazards.

When all elements of a violation are established, Area Directors are responsible for issuing citations for hazards under the General Duty Clause. Hazard Alert Letters (HALs) may also be sent.

OSHA®





OSHA'S NATIONAL EMPHASIS PROGRAM ON OUTDOOR AND INDOOR HEAT HAZARDS: FACT SHEET

// WHAT IS THE NATIONAL EMPHASIS PROGRAM (NEP) ON HEAT?

The NEP is OSHA's first nationwide enforcement measure to protect millions of workers from the increasing threat of heat-related illness.

// WHY NOW?

As average annual temperatures increase, so does the danger of extreme heat. 18 of the last 19 summers were the hottest on record, with workers suffering over 3,600 heat-related injuries and illnesses each year.

// WHAT DOES THE NEP INCLUDE?

Building upon OSHA's ongoing initiatives, the NEP greenlights OSHA to conduct heat-related inspections on high-risk worksites while encouraging protective measures such as training, acclimatization procedures, and access to water, rest and shade.

// WHAT INDUSTRIES WILL BE AFFECTED?

The NEP targets over 70 high-risk indoor and outdoor industries, primarily within construction and manufacturing where exposure is particularly high. Targeted industries were selected based on recent heat-related incident data recorded by the Bureau of Labor Statistics.

// HOW LONG IS THE NEP IN EFFECT?

Effective April 8, 2022, the NEP will remain valid for three years unless canceled or extended.

INSPECTIONS

// WHEN WILL INSPECTIONS OCCUR?

OSHA will initiate inspections on days the National Weather Service has announced a heat warning or advisory for the next area. If the heat index is 80°F or higher, inspectors and compliance specialists will engage in outreach and technical assistance to help keep workers safe.

// WHAT CAN YOU EXPECT DURING AN INSPECTION?

During inspections, compliance safety and health officials (CSHOs) will:

- Review logs and incident reports for entries indicating heat-related illnesses, including headaches, dizziness or dehydration (ER visits and ambulance transport).
- Interview workers for symptoms of heat-related illnesses, including headache, dizziness or dehydration.
- Review employer's plans for addressing heat exposure and associated training records.
- Identify all conditions and activities relevant to heat-related hazards.

// WILL SITES BE NOTIFIED PRIOR TO INSPECTION?

While OSHA Area Offices will be working from established at-risk industry lists, inspection sites will be chosen at random or high heat days.

Everything you need to know about the Heat Stress NEP

WHY ERGODYNE

ENHANCE YOUR HEAT-SEEKING CAPABILITIES

We'll help you target risk, plan your attack and deploy the broadest range of heat stress safety solutions available.

INNOVATION



When it comes to worker safety, complacency kills. Which is why we never come to the table without new ideas to share and innovative solutions to add to your safety strategy.

COLLABORATION



Tenacious Work Gear® is built and tested with worker input. ALWAYS. Because everything we do is driven by a commitment to deeply knowing what work crews are up against, day after day.

EDUCATION



From jobsite risk assessments to policy creation and schooling crews in the proper use of safety gear, we're here to help you and your crew work safer, smarter and just plain better.



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