The “OSHA-NIOSH Heat Safety Tool” is a useful resource for planning outdoor work activities based on how hot it feels throughout the day. The app features real-time heat index and hourly forecasts, specific to your location, as well as safety and health recommendations.

WHAT IS A HEAT INDEX?
• The heat index is a measure of how hot it feels when relative humidity is factored in with the actual air temperature.

WHEN SHOULD I USE THE HEAT INDEX?
• Recommend for use when air temperature is 80°F and above.
• Use when working and exercising outdoors, especially when the activity is physically challenging and long in duration.
• Use in indoor spaces where heat and humidity is not controlled, such as garages, detention areas, training spaces, etc.

OSHA-NIOSH HEAT SAFETY TOOL APP FEATURES
• Heat Index – If your location services is enabled, the temperature and humidity data will automatically download and the current heat index will be displayed. If the heat index calculates a level beyond “Minimal Risk,” a “Precautions” button will appear. By clicking on “Precautions,” you will be given risk level-specific recommendations.
• Hourly Heat Index Forecast – If you are interested in planning your work or training activities for the entire shift around the heat index, there is an hourly feature that will allow you to scroll through and determine the hottest hours of the day along with the corresponding risk level and precautions.
• Symptoms and First Aid – Various heat-related illness, symptoms and first aid can be accessed at the bottom of the screen.
• More – The “More Tips” provides information about being prepared for emergencies, training, acclimatization, hydration, monitoring workers for heat-related illness, and rest breaks. There is also a list of risk factors and FAQ associated with heat-related illnesses.

LIMITATIONS
• The app is a tool to make real-time informed decisions for planning operations and training in environmentally stressful conditions.
• Suggested precautions should be balanced with operational commitments and discussed with your supervisor as needed.
• App does not account for direct sunlight; you will have to add +15°F.