

## Beat the Heat: Make Heat Safety Part of Your Daily Jobsite Plan

As temperatures rise across the country, heat illness remains one of the most serious- and preventable- hazards facing electrical workers. Whether you're pulling wire, installing equipment, or working on rooftops, in trenches, or outdoors for extended periods, planning for the heat is just as important as planning the work itself.

One of the easiest ways to prepare is by using the **free OSHA-NIOSH Heat Safety Tool App**, a practical resource designed to help employers, supervisors, and workers assess heat risk before and during the workday. The app provides real-time heat index information based on your location, hourly forecasts, and recommended protective actions that correspond to current heat conditions. It also includes signs and symptoms of heat-related illnesses, first aid guidance, and planning tools to help crews work more safely.

### Heat Safety Starts Before the First Task

A strong heat illness prevention plan should include:

- **Hydration:** Encourage workers to drink water frequently throughout the day, not just when they feel thirsty. Provide cool drinking water as close to the work area as possible to encourage workers to drink water throughout the day.
- **Rest:** Schedule regular breaks and increase recovery time as temperatures and workloads increase.
- **Shade or Cooling Areas:** Ensure workers have access to shaded or cooled locations during breaks.
- **Acclimatization:** Gradually increase workloads for new and returning workers over several days to allow their bodies to adjust to working in the heat.
- **Schedule:** Adjust start times to avoid the hottest part of the day and schedule strenuous activities during cooler periods.
- **Training:** Make sure employees and supervisors can recognize the early signs and symptoms of heat-related illness and know how to respond. Educate employees about the importance of nutrition and hydration off the job as well.
- **Emergency Action Planning:** Have a plan on how to respond to heat illness. Heat illness can quickly progress into a life threatening condition and must be recognized, and managed quickly.

### Use Technology to Plan Safer Workdays

The OSHA-NIOSH Heat Safety Tool App allows contractors to:

- View the current heat index and hourly heat forecast.

- Understand heat risk levels for the workday.
- Receive recommended precautions based on current conditions.
- Access heat illness symptoms and first aid information in one convenient location.

While the heat index is a valuable planning tool, it is only one part of the equation. Physical exertion, direct sunlight, heavy PPE, and radiant heat from equipment or materials can significantly increase a worker's heat stress. Contractors should consider all these factors when planning work and implementing protective measures.

### Know the Warning Signs

Recognizing heat illness early can save lives.

### Watch for symptoms such as:

- Heavy sweating
- Dizziness or lightheadedness
- Muscle cramps
- Headache
- Nausea
- Confusion
- Fainting

Heat stroke is a medical emergency. If a worker becomes confused, loses consciousness, or has a high body temperature, call 911 immediately, move the person to a cooler location, and begin cooling them while awaiting emergency responders.

### Download the Free OSHA-NIOSH Heat Safety Tool

As part of your daily safety planning, encourage supervisors and field leaders to download and use the [OSHA-NIOSH Heat Safety Tool App](#). The app is available free for both iOS and Android devices and provides practical, real-time information to help crews recognize heat risks before they become emergencies.

At IEC, we know that safety starts with preparation. As summer temperatures climb, take the time to plan, monitor conditions, and ensure every worker returns home safely at the end of the day.

