Phone App to Beat the Heat

The National Institute for Occupational Safety and Health and Fed-OSHA have developed a free phone app that helps employers and employees plan outdoor work activities based on the heat. As California fully engages with it heat season, the app could prove useful and easy to implement. After all, cell phones are ubiquitous, even on the job. This app could really put them to work.

The OSHA-NIOSH Heat Safety Tool App provides a real-time heat index and hourly forecasts specific to individual locations. The app also provide safety and health recommendations on preventing heat illness from the agencies.

Features include:

- A visual indicator of the current heat index and risk levels for employees;

- Precautionary recommendations specific to those risks;

- An interactive, hourly forecast of heat index values, risk levels and recommendations for planning outdoor work activities;

- The ability to edit locations, temperatures and humidity controls to calculate variable conditions; and

- Signs, symptoms and first-aid information for heat illness.

The 'OSHA Heat Safety Tool' App is available from Apple's App Store and Google Play.