

OSHA Heat Injury and Illness Prevention Resources

As temperatures across the country increase, NDA encourages employers to [review guidance](#) from the Occupational Safety and Health Administration (OSHA) on how to protect workers from heat injuries and illnesses in the workplace. Under OSHA law, employers are responsible for providing workplaces free of known safety hazards which includes protecting workers from extreme heat.

OSHA's [Heat Illness Prevention Campaign](#) provides heat hazard resources to keep workers safe, including information for [employers](#), [workers](#), and [more](#). Help is available to employers who need to create a heat illness prevention plan, train workers, and provide first aid for heat illness.

The [OSHA-NIOSH Heat Safety Tool App](#) allows workers and supervisors to calculate the heat index for their worksite, and, based on the heat index, displays a risk level to outdoor workers. OSHA has a newsletter that highlights heat-specific information and new resources ([sign-up](#)).

OSHA continues to conduct heat-related inspections under its [National Emphasis Program – Outdoor and Indoor Heat-Related Hazards](#), launched in 2022. The program targets workplaces with the highest exposures to heat-related hazards.

OSHA also has a [poster](#) with information on how workers can protect themselves from heat illness. The poster includes information regarding heat safety, prevention, signs and symptoms of heat illness and providing quick aid to someone experiencing heat illness. The poster also contains information regarding heat acclimatization. Heat acclimatization is the process of adjusting to environments at higher temperatures. Heat acclimatization can help in preventing heat illness.