



July is Heat Injury Prevention Month

Download the App

There's an APP for That!

Once downloaded, the tool permits workforce planners, and even the workforce itself, to input their workplace location to determine the corresponding heat index for a given day, even hour-by-hour. The heat index is a more accurate value in determining the susceptibility of heat-related illnesses than only using the air temperature. It considers the relative humidity along with the air temperature into a single value that represents how hot the weather feels to the individual working in the heat.



[OSHA-NIOSH Heat Safety Tool on the App Store \(apple.com\)](https://apple.com)

[OSHA NIOSH Heat Safety Tool - Apps on Google Play](https://play.google.com)

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

CALL 9-1-1

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses
- Take immediate action to cool the person until help arrives

Value	Risk of Heat-Related Impacts
0 (Green)	Little to no risk from expected heat.
1 (Yellow)	Minor - This level of heat affects primarily those individuals extremely sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration.
2 (Orange)	Moderate - This level of heat affects most individuals sensitive to heat, especially those without effective cooling and/or adequate hydration.
3 (Red)	Major - This level of heat affects anyone without effective cooling and/or adequate hydration.
4 (Magenta)	Extreme - This level of rare and/or long-duration extreme heat with little to no overnight relief affects anyone without effective cooling and/or adequate hydration.

Safety Tools & Resources



[The New York Army National Guard Safety Webpage](#)



[The Army National Guard Safety Website](#)



[Is your command compliant? Initiate a Command Safety Assessment](#)



[The United States Army Combat Readiness Center Website](#)



[The future of Safety Reporting and Statistics for the Army](#)



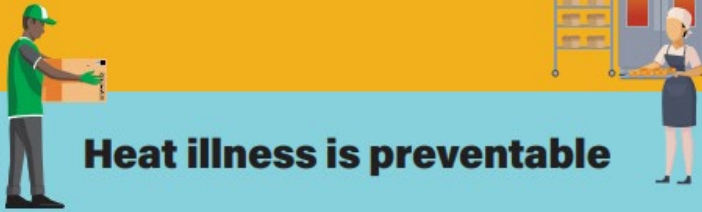
[Create & Manage your deliberate risk management worksheets online](#)

Proponent for this Monthly Newsletter is the NYARNG Safety Team

New York Army National Guard, ATTN: MNAV-OS, 330 Old Niskayuna Road, Latham, New York 12110-3514

Work Safely in Heat

Indoor and outdoor workers are at risk for heat illness.



Heat illness is preventable



Drink cool water



Take rest breaks



Find shade or a cool area



Wear light-colored, loose-fitting clothing where possible



Check on each other



Some equipment can increase your heat exposure

If a worker experiences:



Headache or nausea



Weakness or dizziness



Heavy sweating



Hot and dry skin
High body temperature



Thirst



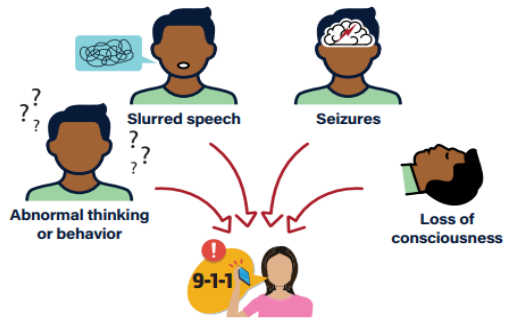
Decreased urine output

Take these actions:

- Drink water
- Remove unnecessary clothing
- Move to a cooler area and use a fan, if available
- Cool with water and ice
- Do not leave alone
- When in doubt, call 911



Signs of a medical emergency



1. Call 911 immediately
2. Cool the worker right away with water or ice
3. Remove unnecessary clothing and give cool water to drink
4. Stay with the worker until help arrives

State Safety Points of Contact

Safety & Occupational Health Manager

Alicia Howard
alicia.l.howard.civ@army.mil
COM: 518-786-6097
DSN: 489-6097

Safety Specialist

Chuck Austin
charles.b.austin2.civ@army.mil
COM: 518-786-6121
DSN: 489-6121

Safety Specialist

Matthew Williams
matthew.s.williams117.mil@army.mil
COM: 518-786-4329
DSN: 489-4329

M-Day Safety Officer

COL Shawn Hatch
shawn.c.hatch2.mil@army.mil

M-Day Safety Officer

LTC Alexander Prezioso
alexander.prezioso.mil@army.mil

Industrial Hygienist

Thomas Phipps
thomas.c.phipps.civ@army.mil
COM: 518-786-4660
DSN: 489-4660

M-Day Safety Officer

CW4 Ethan Bloom
Ethan.j.bloom.mil@army.mil

M-Day Safety NCO

MSG Martin Cozens
Martin.h.cozens.mil@army.mil