

Heat Stress & Illness for First Responders

Link to Heat Safety Info for All Employees who work outside:

<https://www.osha.gov/SLTC/heatstress/prevention.html>

https://www.osha.gov/SLTC/heatstress/heat_illnesses.html

<https://www.osha.gov/SLTC/emergencypreparedness/guides/heat.html>

<https://www.osha.gov/SLTC/heatstress/standards.html>

<https://edmdigest.com/response/steps-first-responders-take-to-stay-safe-in-extreme-weather/>

U.S. Dept of Labor/OSHA Guide to Heat and the Heat Index:

https://www.osha.gov/SLTC/heatillness/heat_index/index.html

Link to Heat Index Tool (for Android and iPhone):

https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

Link to Interagency Board: First Responders Heat Stress Prevention:

<https://www.interagencyboard.org/articles/first-responders-heat-stress-prevention>

Articles indicated for Wildland FF but most concepts are appropriate for all who are wearing Protective Clothing in Heat:

<https://www.fs.fed.us/fire/safety/heat-illness.pdf>

https://www.fs.fed.us/fire/safety/fitness/heat_stress/hs_pg1.html

<https://www.fs.fed.us/t-d/pubs/htmlpubs/htm10512316/>

Military Info & Resources on Working in the Heat (appropriate for all in extreme heat and/or PPE):

<https://phc.amedd.army.mil/topics/discond/hipss/Pages/default.aspx>

<https://phc.amedd.army.mil/topics/discond/hipss/Pages/Heat-Related-Illness-Prevention.aspx>

Wildland Firefighting:

https://gacc.nifc.gov/nwcc/content/pdfs/safety/20170728_PNWCG_HRI_Advisory.pdf

<https://www.dhs.gov/science-and-technology/news/2016/08/15/responder-news-wildland-firefighter-ppe-provides-advantages>

IAFF Emergency Incident Rehab Program:

<https://www.iaff.org/emergency-incident-rehab/>

<https://www.iaff.org/emergency-incident-rehab/#manual>

Law Enforcement/Tactical Operations:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5434519/>

<https://www.bls.gov/iif/oshwc/cfoi/police-officers-2014.htm>

<http://www.atmph.org/article.asp?issn=1755-6783;year=2017;volume=10;issue=1;spage=65;epage=70;auiast=Rasdi>