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The American Industrial Hygiene Association (AIHA) announces the availability of its new free **AIHA Heat Stress Mobile App**.

About this app

Updated on September 12, 2024

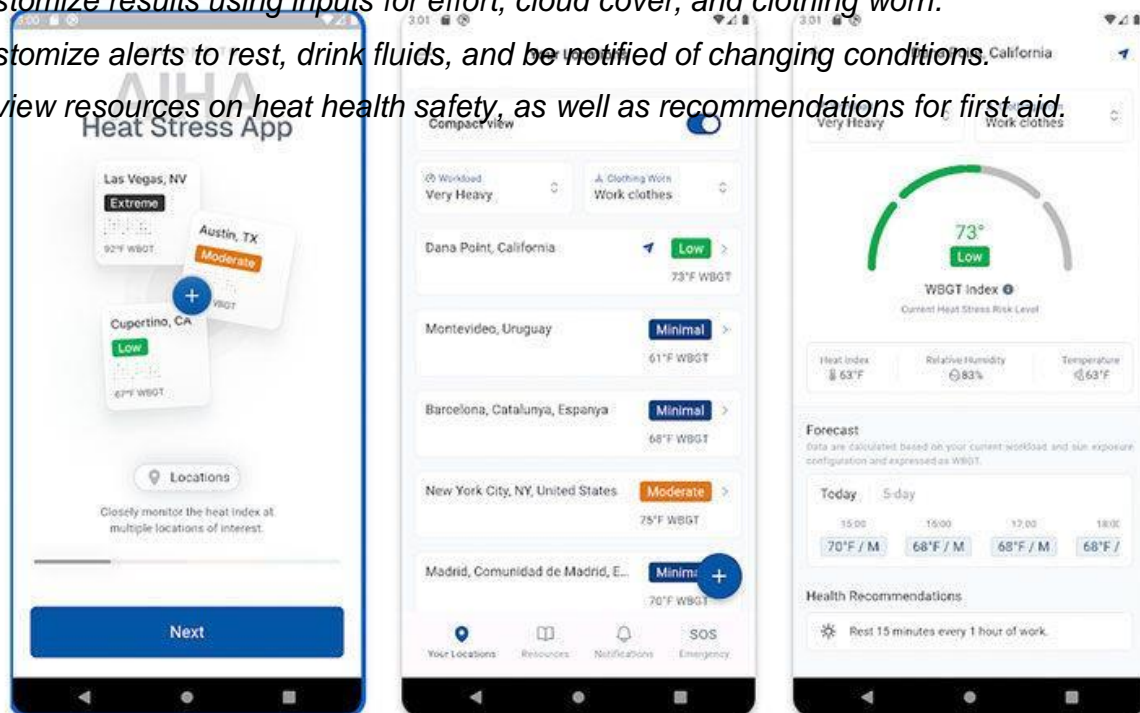
The AIHA heat Stress application uses cutting-edge science to keep outdoor workers and laborers all over the world safe.

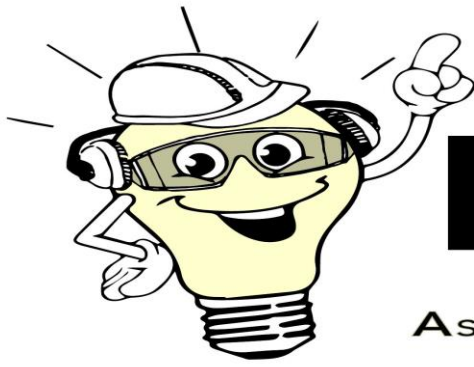
Leveraging real-time weather information, our application calculates Wet Bulb Globe Temperature and associated risk scoring and makes recommendations based on the real weather conditions you might be experiencing, or a location that you might want to track.

Customize results using inputs for effort, cloud cover, and clothing worn.

Customize alerts to rest, drink fluids, and be notified of changing conditions.

Review resources on heat health safety, as well as recommendations for first aid.





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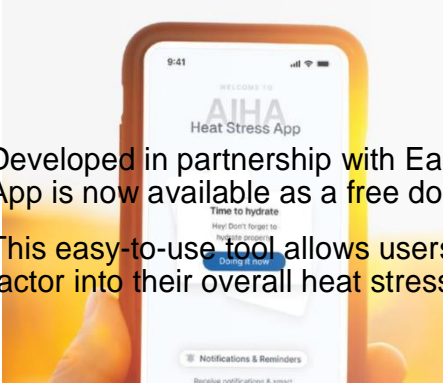
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“... our team of occupational and environmental health and safety experts worked diligently to develop an app that can more accurately gauge heat stress risks in real time, unlike any tool offered previously,” said Lawrence D. Sloan, CEO of AIHA.



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Developed in partnership with East Carolina University, the AIHA Heat Stress Mobile App is now available as a free download on both iOS and Android platforms.

This easy-to-use tool allows users to input the following customized information that will factor into their overall heat stress risk assessment:

- ☐ Location (multiple locations can be selected)
- ☐ Intensity of workload (users can select light, moderate, heavy, very heavy)
- ☐ Clothing type (six different options)
- ☐ Cloud coverage (degree of sun exposure)
- ☐ Preferred language (English, Spanish, French, or Portuguese)

By combining this information with local weather data automatically pulled from the local National Weather Service, the app calculates the individual's Wet-Bulb Globe Temperature (WBGT) index—the gold standard for evaluating heat stress that incorporates air temperature, relative humidity, wind, and radiant heat—and associated heat stress risk level.

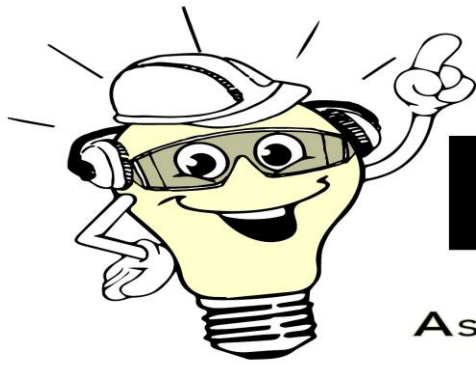
The app also delivers heat alerts based on the user's work schedule and their location's current heat stress risk level, as well as health recommendations (i.e., rest breaks and water consumption) based on their individual risk level.

Additional resources available include fast reads on recommended heat stress prevention measures, warning signs of heat-related illness, and first aid recommendations to assist a worker in distress.

While both the AIHA Heat Stress Mobile App and the Heat Safety Tool released by OSHA and NIOSH in 2017 have several similar features, a significant difference is that the OSHA/NIOSH app calculates heat risk based on the heat index or "feel like temperature" rather than the more accurate WBGT.

The AIHA Heat Stress Mobile App is not a replacement of the OSHA/NIOSH app, but the new app utilizing the WBGT is a more advanced version that both employees and employers can use with additional tools designed to calculate high and extreme heat stress risks more accurately for workload types.

While the new app monitors the WBGT index in real time, another distinguishing feature is its ability to forecast the WBGT up to five days in the future. The ability to determine the projected WBGT ahead of time can help employers plan and adjust their work schedules accordingly.



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