



# Heat Stress Management Services

## Managing Workplace Heat Hazards

The Occupational Safety and Health Administration (OSHA) has preventive measures in place that protect employees from dangerous heat exposure. Concentra® offers heat stress management services that enable employers to protect employees against the harsh effects of heat stress and exposure while maintaining OSHA compliance. Employers can request these services as a standalone solution or as part of a broader employee health and safety program.

### Service Features



Heat Stress Screening Questionnaire to assess if increased risk of heat-related injury or illness exists



Heat stress screenings can be initiated with medical surveillance services



Heat stress screenings in conjunction with preplacement physicals and return-to-work evaluations



Employee self-monitoring and self-care instructions



Guidance from clinicians to employers on heat safety program development

### Address the Hazards of Working in Extreme Heat

Contact Concentra to make heat stress management an essential part of your company's employee safety program. To learn more or request services, visit our [medical surveillance site](#).

### Service Benefits

#### Awareness

Employees learn the signs, symptoms, and risks of heat-related conditions.

#### Compliance

Employers are advised on OSHA heat safety standards for greater compliance.

#### Prevention

Employees learn how to avoid heat-related injuries and illnesses.

#### Productivity

Better heat stress management yields better work performance.<sup>1</sup>

<sup>1</sup> Flouris, A. D., Dinas, P. C., Ioannou, L. G., Nybo, L., Havenith, G., Kenny, G. P., and Kjellstrom, T. (2018, December). Workers' health and productivity under occupational heat strain: a systematic review and meta-analysis. Retrieved from <https://www.thelancet.com/action/showPdf?pii=S2542-5196%2818%2930237-7>.