

### In This Issue

#### **WBGT and Work/Rest Schedules**

RJR Safety Inc is Growing!

#### **Training Classes**

All classes listed are *in-person* classes.

**H2S Safety - WVU**

**SafeLand USA - WVU**

**OSHA 10-Hour  
General Industry**

**OSHA 10-Hour  
Construction Industry**

**First-aid/CPR/AED**

*Virtual training classes are available upon request*

#### **Upcoming Events**

**MASHA Safety & Health  
Conference, October 27, 2022**

**NSC/BWC Safety Council,  
November 16, 2022,  
Melissa Heike, Speaker**

**Ohio Safety Congress &  
Expo., March 08-10, 2023,  
Wayne Vanderhoof, Speaker**

Heat Category	WBGT (°F)	Easy Work		Moderate Work		Hard Work	
		Max. Duration (hr)	Water Intake (L)	Max. Duration (hr)	Water Intake (L)	Max. Duration (hr)	Water Intake (L)
1	80-85	8	0.5	6	0.5	4	0.5
2	86-90	6	0.5	4	0.5	3	0.5
3	91-95	4	0.5	2	0.5	2	0.5
4	96-100	2	0.5	1	0.5	1	0.5

### **WBGT and Work/Rest Schedules – Two Useful Tools in Heat Injury Prevention**

With OSHA’s National Emphasis Program (NEP) on heat stress prevention, the Advance Notice of Proposed Rulemaking (ANPR) to initiate the rulemaking process towards a federal heat standard, some state OSHA plans already having heat injury prevention standards, and the need to protect workers from heat stress and heat injuries in both indoor and outdoor work environments, the OSH Professional will need to develop a toolbox from which to protect the workers. Two such tools are the... [Read More!](#)

#### **RJR Safety Inc is Growing!**

RJR Safety Inc. is pleased to announce Melissa A. Heike, M.S., CSP is a Senior Health and Safety Consultant effective August 15, 2022. Melissa’s significant knowledge and experience will, again, be a great asset to clients and partners in the manufacturing, construction, and oil & gas industries.

Melissa’s expertise includes conducting comprehensive safety and health audits, developing improvement plans, providing on-site support, consulting on regulatory issues, developing customized safety and health programs/procedures and developing and conducting customized safety and health training. She will be serving as a senior consultant to clients and partners and is competent in multiple health and safety processes and activities, including ISO 45001 auditing and gap analysis, risk assessment and management, facilitating HAZOPs for PSM programs and contractor prequalification and management... [Read More!](#)



Authorized Training Provider

**OSHA-Authorized Instructor**  
OSHA Outreach Training Program  
General Industry & Construction Industry



"Working Safe, Preventing Injuries, & Protecting Profits"

## Wayne Vanderhoof CSP, CIT

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Call Us Anytime 724-809-4234

Send Us A Message

