



# Weekly Safety Tip

## Basic Disaster Supplies



### BASIC DISASTER SUPPLIES

Kit contents and Additional Emergency Supplies



*After an emergency, you may need to survive on your own for several days.*

*Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.*

*Make sure your emergency kit is stocked with the items on the checklist below.*

*Once you take a look at the basic items consider what unique needs your family might have, such as supplies for pets or seniors.*



### Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- [Water](#) (one gallon per person per day for several days, for drinking and sanitation)
- [Food](#) (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to [turn off utilities](#))
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

### Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- [Prescription medications](#). About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

# **Weekly Safety Share**



## **Update on State Heat Stress Regulations**

## State-level Heat Safety Standards

2025 UPDATE

Hyperlinks are active and should take you to each state's webpages

**California:** As of July 2024, California added an indoor heat illness standard (trigger at 82°F), alongside its existing outdoor rules (trigger at 80°F, enhanced measures at 95°F). Employers must ensure separate indoor and outdoor compliance.

*According to the new indoor standard, all indoor places of employment where the temperature reaches 82 degrees Fahrenheit or above must comply with regulations around access to water, cool-down areas, acclimatization, training, and more.*

**Washington:** Revised its outdoor heat rule (2023) with year-round application, lower temperature triggers (80°F), mandatory paid breaks at higher temperatures, acclimatization, and buddy-system requirements.

**Minnesota:** Indoor workplaces regulated by WBGT-based temperature thresholds, requiring controls if heat stress exceeds specified levels based on task intensity.

**Oregon:** Comprehensive rules (2022) for indoor/outdoor workplaces when the heat index reaches 80°F (enhanced protections above 90°F).

**Maryland:** New standard effective September 2024; applies indoor/outdoor at heat index ≥80°F, mandatory rest breaks at higher temperatures, and specific acclimatization protocols.

**Nevada:** New rule enforcement started in April 2025 requires Job Hazard Analysis (JHA), written heat safety programs, monitoring, training, and a hierarchy of controls.

**Colorado:** Introduced in 2025, Colorado's proposed legislation aims to protect workers from extreme temperatures. The bill outlines requirements for employers to implement measures that mitigate heat-related risks.

**New York:** While specific statewide regulations are pending, New York has launched initiatives to protect workers from extreme heat, including the development of interactive heat risk tools and guidelines for employers.

**REMINDER:** OSHA's current heat requirements remain grounded in a 2016 NIOSH document on a [Recommended Heat Standard](#); while the recently renewed **National Emphasis Program** (NEP) enables OSHA to perform targeted facility inspections through April 2026, based on what can now be considered as **established safe work practices**, over the nine years since the issuance of the 2016-106 document.

DA Varwig for SCNWO



Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove®

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

8015 Rinker Pointe Court  
Northwood, OH | 43619 United States

This email was sent to .

*To continue receiving our emails, add us to your address book.*

[Subscribe](#) to our email list.