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FOR IMMEDIATE RELEASE

July 2, 2026

TRENTON – Amid an early-summer heat wave in the Garden State, the New Jersey Department of Labor and Workforce Development (NJDOL) is calling attention to critical safety measures for recognizing outdoor heat hazards and preventing heat illness among public employees.

NJDOL’s Office of Public Employees Occupational Safety and Health (PEOSH) Safety Alert #41 underscores the importance of safeguarding workers, particularly those in high-temperature environments such as firefighters, public works laborers, public safety academy recruits and instructors, sanitation workers, and others who face significant health risks during hot weather.

“Ensuring the health and safety of workers exposed to extreme temperatures is paramount,” said **Acting Labor Commissioner Kevin D. Jarvis**. “The goal of this Safety Alert is to provide employers with the knowledge and tools needed to prevent heat-related illnesses and protect their workforce.”

Public employees exposed to prolonged heat can experience a range of health issues from heat stress to life-threatening heat stroke. In severe cases, heat-related illnesses can be fatal. NJDOL’s Safety Alert is an educational tool to reinforce the requirements under the [PEOSH Act’s General Duty Clause \(N.J.S.A. 34:6A-33\)](#), which mandates that public employees be provided a work environment free from recognized hazards likely to cause serious physical harm or death.

Key points of the Safety Alert include:

- **Recognizing Heat Hazards** – Employers are encouraged to monitor heat conditions using the heat index and other measurement tools to assess risks accurately.
- **Illnesses Resulting from Heat Exposure** – Heat-related illnesses like heat stress, heat exhaustion, and heat stroke can include symptoms ranging from mild fatigue and cramps to severe confusion and loss of consciousness. Immediate first aid and emergency medical attention are critical in cases of heat stroke.
- **Preventative Measures** – Employers can adjust work schedules around weather forecasts, incorporate regular breaks and hydration, and provide shade to minimize heat exposure risks. Training workers to identify symptoms and act swiftly is essential.

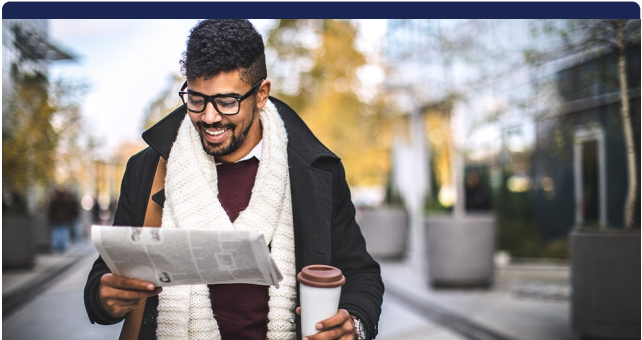
[Click here](#) to view the complete Safety Alert.

To find a place to cool off near to where you live or work, visit the [Heat Hub NJ](#) website provided by the New Jersey Department of Environmental Protection.

For more information on the NJDOL’s Office of Public Employees Occupational Safety and Health, visit: www.nj.gov/labor/safetyandhealth/programs-services/peosh/

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