

Download Occupational Stress Index Manual

Many people are exposed to heat on the job, in both indoor and outdoor heat environments. Operations involving high air temperatures, radiant heat sources (e.g., sunlight, hot exhaust), high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness. Occupational stress is stress related to one's job. Occupational stress often stems from unexpected responsibilities and pressures that do not align with a person's knowledge, skills, or expectations, inhibiting one's ability to cope. OSHA Technical Manual (OTM) OSHA Instruction TED 01-00-015 [TED 1-0.15A] The OSHA Technical Manual (OTM) provides technical information about workplace hazards and controls to OSHA's Compliance Safety and Health Officers (CSHOs). Harold A. Schaitberger. General President . Richard M. Duffy. Assistant to the General President. Occupational Health, Safety & Medicine . Thomas H. Miller