OSHA Releases New Video

OSHA’s new video, entitled *Retaliation for Speaking up is not OK: Whistleblower Rights* explains whistleblower protections under the paragraph 11(c) of the Occupational Safety and Health Act (OSH Act). The video is available in both English and Spanish.

Resources for Staying Safe in the Heat

OSHA’s new fact sheets provide information to gain a deeper understanding of heat illness prevention and ensure a safer working environment for yourself and your colleagues.

- **Personal risk factors** covers indicators that can increase susceptibility to heat-related illnesses, such as age, fitness level, medical conditions and medications.
- **Hydration status** reviews products that may affect your hydration levels and other tips for employers and workers to stay well-hydrated, cool down and reduce your chance of heat stroke or heat exhaustion.
- **Pregnant worker safety** provides ways to best accommodate pregnant workers in the heat.

The OSHA heat illness prevention publication page contains downloadable reminders, fact sheets, stickers, posters and more for preventing heat-related illnesses.

NACOSH December Meeting

The National Advisory Committee on Occupational Safety and Health (NACOSH) will meet in a hybrid format on Tuesday, December 12, 2023, 10am-4pm ET. Committee members will meet in person and the public may attend either in person (up to 25 people) or virtually by WebEx.

Comments and requests to speak must be submitted electronically by November 27, 2023 at [https://www.regulations.gov](https://www.regulations.gov), through the Federal e-Rulemaking Portal, identified by Docket No. OSHA–2023–0003. To attend or participate in the meeting, register on the NACOSH web page [here](https://www.regulations.gov). For more information, please see this [Federal Register Notice](https://www.regulations.gov).