

HEAT STRESS PREVENTION



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1. PURPOSE

- a. The purpose of this Heat Stress Prevention Program is to provide guidance, training, and equipment necessary to protect teammates from heat related exposure and illnesses.

2. HIGH HEAT PROCEDURE

- a. All teammates who are or may be exposed to heat related illness will review the environmental and personal risk factors daily and record prevention and response strategies on Daily JSA. All teammates will have access to potable drinking water at all times. It is encouraged that each teammate maintains an amount of potable water that sufficiently hydrates him/her for the daily activities.
- b. All teammates will have access to shade during scheduled work breaks or at times when shade is necessary to prevent significant onset of heat related illnesses.
- c. Consideration of the following factors will be executed daily by supervisor before work begins to assess the risk of heat stress: air temperature, humidity, radiant heat sources, air circulation, FR clothing requirements, availability of shade, and water supply.
- d. Before tasks are assigned and performed, physical factors will be assessed for the job tasks, including the type of work to be performed, the physical activity level required, the duration of the task, and clothing selection (specifically weight, color, and fabric type).

3. ROLES & RESPONSIBILITIES FOR HIGH HEAT

a. SUPERVISORS

- i. Supervisors will be trained in heat illness prevention and response prior to supervising crew. This will be included in the AHA Heart Saver First Aid and Medic First/ASHI courses.
- ii. Supervisors will be able to identify signs of heat related illness and procedures to respond to heat related events. Procedures to include:
 - 1. Useful means of communication (Voice or electronic)
 - 2. Observe and recognize signs/symptoms of heat illness
 - 3. Designate an employee at all worksites to call for medical services in the case of emergency.
 - 4. Shift reminders for proper consumption of water and right

to take cool down breaks in the shade to employees.

5. Pre-shift meetings before the commencement of work discussing proper heat procedures.
 - iii. Supervisors will be provided with a copy of this program and are required to facilitate training to work team prior to start of work that will be conducted under a high heat index.
 - iv. Supervisors will identify shade areas such as trees, buildings, canopies, lean-tos, or other partial and/or temporary structures that are either ventilated or open to air movement for breaks and heat related illness prevention.
 - v. When working in the heat pay extra attention to your co- workers and be sure you know how to call for medical attention.
 - vi. Supervisors will assess each employee's heat stress factors individually and modify work based on employee's personal health factors, such as age of employee, weight, overall fitness, prescription drug interactions, alcohol consumption, and prior heat related illnesses.

b. Employees

- i. All teammates will review this procedure and become aware of heatrelated illness.
- ii. Employees shall have access to fresh, pure and reasonably cool potable drinking water at no charge. If not plumbed must have sufficient amount at the beginning of the work shift but not less than one quart per hour per employee.
- iii. All teammates will be responsible for self-hydration and notifying supervisors when becoming ill from personal and environmental heat conditions.
- iv. Follow instructions and training for controlling heat stress.
- v. Be alert to symptoms in yourself and others.
- vi. Determine if any prescription medications you're required to take can increase heat stress.
- vii. Wear light, loose-fitting clothing that permits the evaporation of sweat.
- viii. Wear light colored garments that absorb less heat from the sun.
- ix. Drink lesser amounts of water – approximately 1 cup every 15 minutes.
- x. Avoid beverages such as tea or coffee.
- xi. Avoid eating hot, heavy meals.
- xii. Report all prescription medications to supervisor
- xiii. Do not take salt tablets unless prescribed by a physician.

- xiv. Skin Protection: Wear sunscreen when working outside. Consider hard hat shade and light-colored light weight long sleeved shirts.
- xv. Wear safety eyewear (ANSI Z87.1) shaded glasses to protect eyes from bright radiance.
- xvi. Consume more than 12oz of water every hour.
- xvii. If you are coming back to work from an illness or an extended break or you are just starting a job working in the heat, it is important to be aware that you are more vulnerable to heat stress until your body has time to adjust. Let your employer/supervisor know you are not used to the heat. It takes about 5-7 days for your body to adjust.

4. HEAT STRESS. ILLNESS. STROKE

a. Heat Stress

- i. Symptoms
 - 1. Red blotches and extreme itchiness in areas persistently damp with sweat.
- ii. Prickling sensation on the skin when sweating occurs.
- iii. Treatment:
 - 1. Cool shower.
 - 2. Thorough drying.

b. Heat Cramps

- i. Symptoms
 - 1. Loss of salt through excessive sweating. Cramping in back, legs, and arms.
- ii. Treatment:
 - 1. Stretch and massage muscles.
 - 2. Replace salt by drinking commercially available carbohydrate/electrolyte replacement fluids.

c. Heat exhaustion

- i. Occurs when the body can no longer keep blood flowing to supply vital organs and at the same time send blood to the skin to reduce body temperature.
- ii. Symptoms:
 - 1. Weakness.
 - 2. Difficulty continuing work.
 - 3. Headache.

4. Breathlessness.
5. Nausea or vomiting.
Feeling faint or fainting.

iii. Treatment:

1. Call 911.
2. Help the victim to cool off by:
 - a. Resting in a cool place.
 - b. Drinking cool water.
 - c. Removing unnecessary clothing.
 - d. Loosening clothing.
 - e. Showering or sponging with cool water.
3. It takes 30 minutes to cool the body down once a worker becomes overheated and suffers heat exhaustion.

d. Heat Stroke

i. Heat stroke occurs when the body can no longer cool itself and body temperature rises to critical levels.

ii. Symptoms:

1. Confusion.
2. Irrational behavior.
3. Loss of consciousness.
4. Convulsions.
5. Lack of sweating
6. Hot dry skin
7. Abnormally high body temperature

iii. Treatment

1. Call 911
2. Provide immediate, aggressive cooling
 - a. Immerse victim in tub of cool water
 - b. Place in cool shower
 - c. Wrap victim in cool wet sheets
 - d. Transport victim to hospital

5. TRAINING AND DOCUMENTATION

Training regarding this Program will be conducted as part of all new team member orientations. Additionally, this program will be reviewed as part of **H-2 Enterprises, LLC (H2E)** daily tailgate safety meetings. All documented training shall be kept in the team member's file along with a copy sent to **H2E** Safety Manager.