



SECTION 3

CHAPTER 12

HEAT ILLNESS PREVENTION

Purpose

To establish our expectations for employees exposed to heat related work conditions.

Scope

The program applies to all company projects and operations.

In this chapter

Topic	See Page
Requirements	2

Heat Illness Prevention

Requirements

It is the goal of the company to provide a safe workplace for all employees. To accomplish this goal we have adopted the following heat illness prevention policy requirement:

- Employees shall have access to potable drinking water. Where it is not plumbed or otherwise continuously supplied, it shall be provided in sufficient quantity throughout the work shift.
- Employees suffering from heat illness or believing a preventative recovery period is needed shall be provided access to an area with shade that is either open to the air or provided with ventilation or cooling. Such access to shade shall be permitted at all times.
- Supervisors will receive training in the prevention of heat related illnesses prior to supervising employees working in heat.
- The supervisor will be trained in the procedures to follow when an employee exhibits symptoms consistent with possible heat illnesses, including emergency response procedures.
- The supervisor must develop procedures to control the effects of environmental factors that can contribute to heat related illness. The most common environmental factors are air temperature, humidity, radiant heat sources and air circulation. Common control practices may include rest periods or mechanical aids. Site supervisor must ensure that adequate hydration and rest accommodations which provide relief from direct sunlight is available. The job safety analysis should address frequency of rest periods as well as additional protective requirements.
- The supervisor should consider physical factors that contribute to heat related illness. The most common physical factors that can contribute to heat related illness are type of work, level of physical activity and duration, clothing color and breathability.
- The supervisor must ensure personal factors that contribute to heat related illness are taken into consideration before assigning a task where there is the possibility of a heat related illness occurring. The most common personal factors that can contribute to heat related illness are age, weight/fitness, drug/alcohol use, prior heat related illness, or an employee new to the job. Supervisors should consider allowing an acclimatization period for new employees that will be working in new environments that may expose them to possible heat stress.
- The supervisor must ensure personnel have access to methods that will aid them in replenishing electrolytes lost during physical activities conducted in hot climates that could potentially bring on heat related illnesses.

