



Heat Stress

It is not uncommon for temperatures at project sites to hit triple digits during the summer season. Employees need to be aware of these conditions and prepare accordingly. Your Company has prepared a Heat Illness Program and Heat Exposure Checklist to help ensure employee safety on hot days.

Heat Stroke causes the body to break down under stress and stop sweating. A heat stroke victim's skin is hot, dry and usually red or spotted. Body temperature can be 105 degrees. The accepted first aid is to remove them to a cooler area and soak their clothing with cool water. Get medical help, immediately.

Heat Exhaustion is caused by the loss of fluid in sweating, sometimes by the loss of salt, or both. The worker with heat exhaustion still sweats, but also experiences extreme fatigue, nausea, or headache. Treatment is simple, have the victim rest in a cool place and give plenty of liquids.

How to Prevent Heat Illness:

- Drink water every 15 minutes – your employer must provide 2 quarts of suitably cool, potable water at the beginning of the workday and have a means for replenishment.
- Rotate jobs to minimize heat stress. Work mornings - in the cool part of the day
- Take frequent rest breaks in a shaded area and notify your supervisor if you feel symptoms of heat stress.
- When working in the sun, use sunscreen with at least a 15 (SPF) sun protection factor.
- Use hard hat liners and other heat – reducing equipment provided by the company.
- Use the buddy system – recognize signs of heat illness in each other (including; weakness, unsteady walk, irritability, disorientation, and changes in skin color).
- “If the prediction on the previous day is for the temperature high for the area to exceed 80 Degrees Fahrenheit, shade will be up/identified as of the beginning of the shift and present throughout. Shade shall be located as close as practicable to the work area”.
- At 95 Degrees Fahrenheit or above, supervisors will evaluate workers condition throughout the shift by determining hydration needs and access to shade and/or preventative recovery areas.
- Employees suffering from heat illness or believing a preventative recovery period is needed, will be provided access to an area with shade that is either open to the air or provided with ventilation/cooling for a period of no less than five minutes. Access is permitted at any time during the workday.