



Heat Illness Prevention

PROCEDURE / APPROACH

Heat stress happens when your body can no longer control its internal temperature. Heat stress can lead to heat exhaustion and heat stroke. This procedure applies whenever a maintenance employee performs work activities, whether in indoor or outdoor environments, where the heat index equals or exceeds 80 degrees Fahrenheit.

437-002-0156 OREGON OCCUPATIONAL SAFETY AND HEALTH DIVISION
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Symptoms of Heat Exhaustion & Actions to Take

A. Heat Exhaustion Symptoms		Actions for all Symptoms
➤	Headache or nausea	Remove unnecessary clothing
➤	Weakness or dizziness	Cool with water and ice
➤	Heavy sweating	Drink water
➤	Hot and dry skin	Move to a cooler area; use a fan
➤	High body temperature	Do not leave alone
➤	Thirst	When in doubt, call 911
➤	Decreased urine output	
B. Heat Stroke Symptoms		Actions for all Symptoms
➤	Abnormal thinking or behavior	Call 911 immediately
➤	Slurred speech	Cool right away with water/ice
➤	Seizures	Remove unnecessary clothing
➤	Loss of consciousness	Stay with the individual

Prevention of Heat Illness

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| ✓ Drink cool water | ✓ Take rest breaks | ✓ Find shade or a cool area |
| ✓ Wear light- colored loose-fitting clothing | | ✓ Check on each other |

Access to Shade

When the heat index equals or exceeds 80 degrees Fahrenheit, one or more shade areas must be accessible to employees. Shade may be provided by natural or artificial means that are not unsafe nor discourage access or use. Employees performing light work are exempt from the provisions for shade when the heat index is less than 90 degrees.

- Shade areas must be open to the air or have a fan ventilating the area.
- Be located as close as practical to the areas where employees are working

Drinking Water

Enough drinking water must be available so that each employee may consume 32 ounces per hour. Drinking water must be cool (66 to 77 degrees Fahrenheit) or cold (35 to 65 degrees Fahrenheit)

Acclimatization

Acclimatization is the beneficial physiological adaptations that occur during repeated exposure to a hot environment. These physiological adaptations include:

- Increased sweating efficiency (earlier onset of sweating, greater sweat production, and reduced electrolyte loss in sweat).
- Stabilization of the circulation.
- The ability to perform work with lower core temperature and heart rate.
- Increased skin blood flow at a given core temperature.

New maintenance employees hired during heat waves without any recent outdoor work exposure may need to gradually increase their exposure time over a 7-14 day period. The Maintenance Supervisor will monitor the new employee during the first 2 weeks of work to ensure that heat exposure is increased gradually if necessary.

Emergency Medical Plan

Maintenance employees always work in pairs. When an employee is observed to have symptoms of Heat Exhaustion, the co-worker will follow the actions listed on page 1, and will call the Maintenance Supervisor. When symptoms of heat stroke is observed, 911 is called immediately followed by contacting the Maintenance Supervisor when time allows, while removing unnecessary clothing and cooling the individual with water and ice.

Training and Recordkeeping

Maintenance staff will be trained annually on Heat Illness Prevention, and new maintenance staff will receive this information during their work orientation provided by the Maintenance Supervisor. Training records will be submitted to the Human Resources Department and kept on file for one year.