

◆ HEAT ILLNESS PREVENTION TRAINING

- ◆ Water. Rest. Shade.
- ◆ “The work can’t get done without them.”

Training Goals

- ❖ Review the heat illness preventive measures.
- ❖ Increase awareness and commitment to safety and health at the work site.

Heat Illness Prevention Elements Include:

- ❖ Access to Water & Shade
- ❖ Weather Monitoring and Acclimatization
- ❖ Employee & Supervisory Training
- ❖ Written Procedures, including Emergency Response

Access to Water

- ❖ Potable drinking water must be made available at no cost to the employee.
- ❖ Maintain, at all times, sufficient quantities of cool potable drinking water (i.e. enough to provide at least one quart per employee per hour for the entire shift).



Access to Water



- ❖ Water must be fit to drink. Water containers CAN NOT be refilled from non-potable water sources (e.g. irrigation wells, sprinkler or firefighting systems).
- ❖ Care must be taken to prevent contamination of the drinking water supplied to the workers.

Access to Water

- ❖ Implement and maintain effective replenishment procedures when commencing the shift with smaller quantities.



Unacceptable

Access to Water

- ❖ Locate the water containers as close as practicable given the working conditions and layout of the worksite.
- ❖ Maintain it readily accessible!
- ❖ Encourage the frequent drinking of water.

Remind workers not to wait until they are thirsty!



Shade Up:

When the temperature exceeds 85° F

- ❖ Have and maintain one or more areas of shade at all times, when employees are present.
- ❖ Locate the shade as close as practical to the area where employees are working.



Shade Up:

When the temperature exceeds 85° F

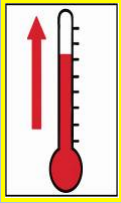
- ❖ Provide enough shade to accommodate at least 25% of the employees on the shift at any one time. However, retain the ability to permit access to all workers that request it.
- ❖ Remember: Access to shade must be permitted at all times.



Access to Shade, cont.



- ❖ Encourage employees to take a cool-down rest in the shade, for a period of 5 minutes at a time.
- ❖ Shaded areas must not cause exposure to another health or safety hazard. Areas underneath mobile equipment (e.g. cranes, tractors) are not acceptable.



Monitor the Weather

www.nws.noaa.gov

- ❖ Instruct supervisors to track the weather of the job site [by monitoring predicted temperature highs and periodically using a thermometer.]
- ❖ Determine, and instruct supervisors on, how weather information will be used to modify work schedule, increase number of water and rest breaks or cease work early if necessary.

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Address Lack of Acclimatization

- ✓ As an employer, you are responsible for the working conditions of your employees, so you must act effectively when conditions result in sudden exposure to heat that your workers are not used to.

Address Lack of Acclimatization

Determine how your company will:

- ◆ lessen the intensity and/or shift length of the newly-hired employees' work during a two or more week break-in period;
- ◆ modify the work schedule or reschedule non-essential duties, during the hot summer months;

And,

- ◆ be extra-vigilant with your employees to recognize immediately symptoms of possible heat illness.