

High Heat Procedures

Industries covered by this subsection:

- ✓ Agriculture
- ✓ Construction
- ✓ Landscaping
- ✓ Oil and Gas Extraction
- ✓ Transportation or delivery of agricultural, construction materials or other heavy materials.

When the temperature equals or exceeds 95° F

The company must implement additional preventive measures:

1. Ensure effective communication (by voice, observation or electronic means).
2. Observe employees for alertness and signs and symptoms of heat illness.



When the temperature equals or exceeds 95° F



3. Give more frequent reminders to drink plenty of water.
4. Closely supervise new employees, for the first 14 days.

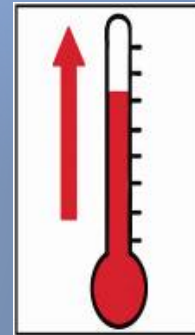
Employee & Supervisor Training

Ensure **all** employees and supervisors are trained **before** beginning work that could reasonably be anticipated to result in a heat illness.



Employee Training

- ❖ The environmental and personal risk factors for heat illness, as well as the added burden of heat load on the body
- ❖ Your company's heat illness prevention procedures



Employee Training, cont.

- ❖ Importance of consumption of small quantities of water (1 pint per hour)
- ❖ Different types of heat illness, common signs and symptoms

**Stay safe and healthy!**
WATER. REST. SHADE. *The work can't get done without them.*

Drink water even if you aren't thirsty – every 15 minutes.



Rest in the shade.



Watch out for each other.



Wear hats and light-colored clothing.



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"Easy does it" on your first days of work in the heat. You need to get used to it. Rest in the shade – at least 5 minutes as needed to cool down.

**Health effects of heat**
Two types of heat illness:

Heat Exhaustion



Heat Stroke





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Watch out for early symptoms. You may need medical help. People react differently – you may have just a few of these symptoms, or most of them.

Employee Training, cont.

❖ Importance of acclimatization

Training must include the importance of acclimatization, how it is developed, and how your procedures address it.

- ❖ Importance of immediately reporting signs or symptoms of heat illness to a supervisor
- ❖ Procedures for responding to possible heat illness



Employee Training, cont.

- ❖ Procedures to follow when contacting emergency medical services and if necessary transporting employees.
- ❖ Procedures that ensure clear and precise directions to the work site, including designating a person to be available to ensure that emergency procedures are invoked when appropriate.



Supervisor Training

- ❖ The information required to be provided by this regulation.
- ❖ The procedures to follow to implement the applicable provisions in this section.
- ❖ Procedures to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures.
- ❖ How to monitor the weather and how to respond to hot weather advisories.

Written Procedures

Detail how your company will:

- ❖ Provide access to water & shade.
- ❖ Monitor the weather.
- ❖ Institute high heat procedures and address lack of acclimatization.
- ❖ Train all employees and supervisors.
- ❖ Respond to heat illnesses without delay, provide first aid and emergency services.
- ❖ Provide clear and precise directions to the worksite.

Serious Hazard

The Company risk a serious citation if the outdoor temperature in the work area exceeds 85° F and any of these required elements is not present at the site:

- ❖ Drinking water
- ❖ Shade
- ❖ Trained employees or supervisor
- ❖ Emergency response procedures

For Additional Information

Visit the OSHA Heat Illness
Webpage:

<https://www.osha.gov/SLTC/heatstress/index.html>