PURPOSE

The purpose of this program is to raise employee awareness regarding heat illness symptoms, ways to prevent illness, and what to do if symptoms occur.

1. HEAT ILLNESS
2. Heat illness is a serious medical condition resulting from the body’s inability to cope with a particular heat load, which can include heat cramps, heat exhaustion, and heat stroke. Physical factors that contribute to heat related illness should be taken into consideration before performing a task. The most common physical factors that can contribute to heat related illness are type of work, level of physical activity, duration of activity and clothing color, weight and breathability.

1. Supervisors 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, and prior heat-related illness.
2. HEAT CRAMPS
3. Heat cramps are muscle spasms which usually affect the arms, legs, or stomach. Frequently they don't occur until sometime later after work, at night, or when relaxing. Heat cramps are caused by heavy sweating, especially when water is replaced, but not salt or potassium.
4. Although heat cramps can be quite painful, they usually don't result in permanent damage. To prevent them, drink electrolyte solutions such as Gatorade during the day and try eating more fruits like bananas.
5. HEAT EXHAUSTION
6. Heat exhaustion is more serious than heat cramps. In heat exhaustion, the surface blood vessels and capillaries, which originally enlarged to cool the blood, collapse from loss of body fluids and necessary minerals. This happens when you don't drink enough fluids to replace what you're sweating away.
7. The symptoms of heat exhaustion include: headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea, impaired judgment, loss of appetite, hyperventilation, tingling in hands or feet, anxiety, cool moist skin, weak and rapid pulse (120-200), and low to normal blood pressure.
8. Somebody suffering these symptoms should be moved to a cool location such as a shaded area or air-conditioned building. Have them lie down with their feet slightly elevated. Loosen their clothing, apply cool, wet clothes or fan them. Have them drink water or electrolyte drinks.
9. HEAT STROKE
10. Heat stroke is a life threatening illness with a high death rate. It occurs when the body has depleted its supply of water and salt, and the victim's body temperature rises to deadly levels. A heat stroke victim may first suffer heat cramps and/or the heat exhaustion before progressing into the heat stroke stage, but this is not always the case. It should be noted that, on the job, heat stroke is sometimes mistaken for heart attack. It is therefore very important to be able to recognize the signs and symptoms of heat stroke and to check for them anytime an employee collapses while working in a hot environment.
11. The early symptoms of heat stroke include a high body temperature (103 degrees F); a distinct absence of sweating (usually); hot red or flushed dry skin; rapid pulse; difficulty breathing; constricted pupils; any/all the signs or symptoms of heat exhaustion such as dizziness, headache, nausea, vomiting, or confusion, but more severe; bizarre behavior; and high blood pressure. Advanced symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature of over 108 degrees F.
12. It is vital to lower a heat stroke victim's body temperature. Seconds count. Pour water on them, fan them, or apply cold packs. Seek emergency medical attention as soon as possible.
13. COLD RELATED ILLNESSES
14. Hypothermia is a lowering of temperature of the body's inner core, and can occur when outside temperatures are as high as 45 degrees Fahrenheit. When the core temperature falls, bodily functions begin to shut down.
15. Most hypothermia victims are elderly persons who, for a variety of reasons, are unable to keep sufficiently warm in the winter. An elderly person's core temperature can drop without them being aware of it, and an aging body is less capable of reversing a fall in temperature. Risk factors for hypothermia include:

* Disorders that reduce production of body heat
* Impaired mental function
* Reduced mobility
* Use of drugs such as tranquilizers

Symptoms of hypothermia may include:

* Shivering
* Dizziness
* Numbness
* Weakness
* Drowsiness
* Impaired Vision
* Impaired Judgment

1. If hypothermia is suspected, get the victim professional medical care immediately, and follow these methods to maintain warmth:

* Get victim out of the wind and rain.
* Remove wet clothing and replace it with dry or wool clothing.
* Use body heat to warm the victim. Get inside a sleeping bag with the victim or wrap yourself in a blanket with them. If several people are with you, have everyone huddle around the victim.
* If the victim is conscious, have them drink warm fluids such as sweetened tea, broth or juice, and have them eat quick-energy foods such as candy.
* Do not allow victim to drink alcoholic beverages in any circumstance.

1. When outside for prolonged periods of time in cold weather, use the following precautions:

* Dress warmly in layers of clothing and wear fabric that remains warm even when wet, such as wool.
* Wear wind- and weather-proof clothing, including a warm hat and gloves.
* Take shelter if you get wet or cold.
* Don't not drink alcohol while in the cold - it causes the body to lose heat faster.

1. MANAGEMENT & SUPERVISOR RESPONSIBILITIES
2. The Company shall provide Employees with access to potable drinking water. Where it is not plumbed or otherwise continuously supplied, the Company shall provide bottled water in sufficient quantities throughout the work shift.
3. At or below 80 degrees Fahrenheit the Company shall have timely access to shade upon request. For temperatures at or above 80 degrees Fahrenheit, one or more areas with shade shall be provided at all times while employees are present. Shade shall accommodate the number of employees on recovery or rest periods.
4. High-heat (95+ degrees) procedures shall include, but are not limited to:

* Effective communication by voice, observation or electronic means;
* Observation of employees for alertness and signs/symptoms of heat illness;
* Designating one or more employees on each worksite as authorized to call for emergency medical services;
* Reminding employees to drink water throughout the shift; and
* Pre-shift meetings before beginning work to review the high heat procedures, encourage drinking water, and remind employees of their right to take a cool-down rest when necessary.

1. The Onsite Supervisory shall address Environmental factors during the “Job Safety Analysis” process that can contribute to heat related illness. If heat illness or hypothermia is suspected, the Onsite Supervisor shall remove the employee from the heat or cold environment, immediately summons emergency medical services and provide responders with clear, concise directions to the worksite.
2. TRAINING
3. All Company employee shall receive written procedures and training in heat & cold illness prevention to include:

* The environmental and personal risk factors for heat & cold illness;
* Company procedures for complying with the requirements of this program;
* The importance of frequent consumption of small quantities of water, up to 4 cups per hour, when the work environment is hot and employees are likely to be sweating more than usual in the performance of their duties;
* The importance of acclimatization;
* The different types, common signs and symptoms of heat & cold illness;
* The importance of immediately reporting to their Supervisor any signs or symptoms of heat or cold illness in themselves, or in co-workers;
* Company procedures for responding to symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary;
* Company procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider; and
* Company procedures for ensuring that, in the event of an emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders.

1. Supervisors shall be trained in heat & cold illness prior to the supervision of employees working in the hot or cold environments to include:

* The procedures to follow t to prevent heat or cold illness; and
* The procedures to follow when an employee exhibits symptoms consistent with possible heat or cold illness, including emergency response procedures.

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| **Reviewed and Approved** |
| Quality Manager or President |  |  |
|  | Date |