

Heat Stress Management Program

Our policy is to provide as safe a workplace as possible for our employees and all employees are expected to cooperate as a condition of employment. All employees will be trained on the recognition and prevention of heat related illnesses using the Heat Stress Program.

Emergency Procedures:

In the event of a **heat related incident, medical emergency or personal injury**, notify _____ or your supervisor, or call 911 as soon as possible. First aid and emergency cooling will be provided until emergency medical assistance arrives. If the person can be moved, carry by stretcher, or walk the individual to the break area to administer first aid or emergency cooling. If the injuries do not allow for movement, then give first aid or emergency cooling at that location.

Company Policy:

1. Managers, supervisors, and employees are responsible for implementing this policy.
2. All employees will be trained in safe working practices and heat illness prevention.
3. Cool potable water is available at the service truck. Employees are encouraged to drink water and stay away from caffeinated drinks.
4. Employees are encouraged to take breaks in the a shaded area or in other cool areas.
5. Employees are allowed to self-relieve themselves as needed for water breaks.
6. Supervisors and employees are instructed to watch out for each other. Training is provided to supervisors and employees on heat related illnesses.
7. For new employees or employees not naturally acclimatized, a lighter workload and longer rest periods will be allowed for the first 3-5 days of work. Natural acclimatization will be determined by previous similar work experiences and weather temperature and humidity during those previous work experiences.
8. On days when the temperature exceeds 90° and relative humidity exceeds 40% and work demand requires moderate to heavy work, employees are encouraged to drink 5 to 7 ounces of water every 20 minutes while working in these conditions.

After you have read and fully understand the Safety Rules, please sign and date.

EMPLOYEE SIGNATURE

DATE

Annual Heat Stress Training

Background: In the wood product industries most work is performed outside or in a facility that can not be air-conditioned. The high temperatures are accompanied with high humidity levels during the summer months. When these conditions exist, employees are more likely to encounter heat-related illnesses.

What must an employee know: As a supervisor or employee, you should know how to recognize a victim of heat-related illness. Understanding the signs of heat-related illnesses could protect you and others from heat stroke. Employees must watch each other and familiarize themselves with the symptoms of heat illnesses.

Some symptoms to watch for:

- Red flushed skin
- Weakness
- Dizziness
- Nausea
- Seizures
- Headache
- Rapid pulse
- Unconsciousness
- An internal body temperature of 106-degrees or higher

High temperatures and humidity stress the body's ability to cool itself, and heat illness becomes a special concern during hot weather. There are three major forms of heat illnesses: **heat cramps**, **heat exhaustion**, and **heat stroke**, with heat stroke being a life threatening condition.

- **Heat Cramps** - 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 by drinking, but not salt or potassium. 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.
- **Heat Exhaustion** - Heat exhaustion is more serious than heat cramps. It occurs when the body's internal air-conditioning system is overworked, but hasn't completely shut down. 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.

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.

- **Heat Stroke** - 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.

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. Advance symptoms may be seizure or convulsions, collapse, loss of consciousness, and a body temperature of over 108° F.

First Aid Actions: evaluate the symptoms and follow these actions:

- **Heat exhaustion:** Take the employee to the break room near the well for emergency cooling or CPR/first aid treatment. Have them lie down with their feet slightly elevated. Loosen their clothing, apply cool, wet cloths or fan them. Have them drink water or electrolyte drinks. Try to cool them down, and have them checked by medical personnel. Victims of heat exhaustion should avoid strenuous activity for at least a day, and they should continue to drink water to replace lost body fluids.
- **Heat stroke:** Call 911 and get an ambulance on the way as soon as possible. It is vital to lower a heat stroke victim's body temperature. Seconds count. Pour water on them, fan them, or apply cold packs.

What an employee can do: Employees can take other preventive measures to combat the heat. Know and react to symptoms of heat related health problems. Learn and use the following:

Smart Safety Rules.

- Drink plenty of fluids throughout the day.
- Don't drink alcohol or drinks with caffeine
- Don't eat heavy meals before working in the heat. Eat light. The more calories you take in, the more body heat you produce.
- Don't wear dark, tight fitting clothes
- Cover as much of your body as possible.
- Choose the proper type and amount of clothing. Cotton allows skin to breathe and absorbs sweat.
- Wide-brimmed hats protect from direct sunlight.

Don't depend on thirst to signal when and how much to drink. Instead, try to drink 5 to 7 ounces of fluids every 15 to 20 minutes.