

Hawk Energy, LLC

DATE: 12/12/24

EXPIRES: Indefinite

## **PREVENTING HEAT INJURIES IN THE WORKPLACE**

### **Purpose**

Exposure to heat and its affects is a reality of working outside. All heat injuries are preventable, and none need be fatal. Supervisors must assess work and training requirements against the risk associated with operating in warm weather environments. Taking preventive steps and early recognition and treatment of employees presenting with symptoms of heat injuries are key to saving lives.

The objective of this program is to reduce the potential for heat illnesses by making employees aware of heat illnesses, ways to prevent illness, and actions to take if symptoms occur.

The information contained in this policy will give supervisors and employees the information they need to prevent heat injuries.

### **Policy**

It is the policy of E&B to provide a safe, healthy and secure workplace for all employees by implementing an effective safety program. This Heat Illness Prevention Program applies to the control of risk of occurrence of heat illness and applies to all outdoor places of employment and other work environments when the environmental risk factors for heat illness are present. Any employee participating in job tasks when environmental risk factors for heat illness are present will comply with the procedures in this document and Safety Program.

### **Definitions**

**"Acclimatization"** means temporary adaptation of the body to work in the heat that occurs gradually when a person is exposed to it. Acclimatization peaks in most people within four to fourteen days of regular work for at least two hours per day in the heat.

**"Heat Illness"** means a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope and heat stroke.

**"Environmental risk factors for heat illness"** means working conditions that create the possibility that heat illness could occur, including air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personal protective equipment worn by employees.

**"Personal risk factors for heat illness"** means factors such as an individual's age, degree of acclimatization, health, water consumption, alcohol consumption, caffeine consumption, and use of prescription medications that affect the body's water retention or other physiological responses to heat.

**"Preventative recovery period"** means a period of time to recover from the heat in order to prevent heat illness.

**"Shade"** means blockage of direct sunlight. Canopies, umbrellas and other temporary structures or devices may be used to provide shade. One indicator that blockage is sufficient is when objects do not cast a shadow in the area of blocked sunlight. Shade is not adequate when heat in the area of shade defeats the purpose of shade, which is to allow the body to cool. For example, a car sitting in the sun does not provide acceptable shade to a person inside it, unless the car is running with air conditioning.

## Responsibility

Managers, and Supervisors are responsible for:

1. Identifying all employees who are required to work outdoors or in other environments where potential heat illness could occur and identify the supervisor of the employee.
2. Assuring that adequate water, shade, and necessary rest breaks are available when the environmental risk factors for heat stress are present.
3. Ensuring that all affected employees are trained on heat illness prevention.
4. Ensuring that the requirements in this document are followed.

Affected employees are responsible for:

1. Complying with the provisions of the Heat Illness Prevention Program, as described in this document and in the training sessions they attend.
2. Ensuring that they have the appropriate amount of drinking water available at all times when the environmental risk factors for heat illness are present.
3. Ensuring they have access to a shaded area to prevent or recover from heat related symptoms.
4. Reporting heat related illness symptoms to the supervisor.

## Training

Training is the most important component of the E&B Heat Illness Prevention Program and shall be provided to all potentially impacted employees working where environmental risk factors for heat illnesses are present. Supervisors will also be trained to recognize the dangers of heat illnesses. The training requirements are included but not limited to topics listed under the training section of this program. This training will take place during monthly safety meetings each spring.

Training shall be provided for employees working at locations where environmental risk factors for heat illness are present, as well as training for their respective supervisors.

Before being assigned to a task where environmental factors are present for heat related illnesses, employees shall be trained in the following areas:

1. Environmental and personal risk factors for heat illness;
2. Procedures for identifying, evaluating, and controlling exposures to the environmental and personal risk factors for heat illness;
3. The importance of pre/post work hydration and frequent consumption of small quantities of water, up to 4 cups per hour under extreme conditions of work and heat;
4. Importance of acclimatization;
5. Different types, signs, and symptoms of heat illness;
6. Importance of immediately reporting symptoms or signs of heat illness in themselves or in coworkers to their supervisor.
7. Procedures for responding to symptoms of possible heat illness, including how emergency medical services will be contacted and provided, should they become necessary.

## Recovery Periods

Employees who may be suffering from a heat related illness or when a preventative recovery period is needed shall be provided access to an area with shade that is either open to the air or provided with ventilation or cooling. This cooling period should be no less than 5 minutes. See definition on page four for providing proper shade.

## Worksite Assessments

Initial assessments of all worksites shall be made by the Supervisor to minimize the effects of heat exposure and when deemed necessary due to changes of the work environment (ex., change in a work process, personal protective equipment requirement, etc.). Work locations

include fixed and mobile worksites, emergency related activities, and special assignments. The following factors shall be assessed:

- Environmental conditions (average temperatures and relative humidity)
- Physical load imposed by job related tools and equipment
- Level and duration of work
- Rest areas
- Personal adaptation (acclimatization)
- Availability of potable water

## Emergency Procedures

### Emergency Medical Services.

Where more than one employer is involved in a single construction project on a given construction site, each employer is responsible to ensure the availability of emergency medical services for its employees. The employers on the project may agree to ensure employee access to emergency medical services for the combined work force present at the job site. Such an emergency medical service program shall be adequate to service the combined work force present, but only one emergency medical program need be established at such site. The supervisor, lead and all employees need to know their location. The work site must also have the ability to call 911.

### First-Aid Kit.

Every employer, including E&B, working on or furnishing personnel on a construction project, on line crews and on other short duration or transient jobs shall provide at least one first-aid kit in a weatherproof container. The contents of the first-aid kit shall be inspected regularly to ensure that the expended items are promptly replaced. The contents of the first-aid kit shall be arranged to be quickly found and remain sanitary. First-aid dressings shall be sterile in individually sealed packages for each item.

## Water Consumption and Availability

Drinking water in the quantity of one quart per hour shall be available for each employee where it is not plumbed or continuously supplied. This requirement shall be met at the beginning of the shift and for the entire shift. The shift may begin with small quantities as long as an effective procedure is in place for replenishing water during the shift as needed so that the employees can meet the one quart per hour requirement.

## Potable Water.

An adequate supply of potable water shall be provided in all places of employment.

Portable containers used to dispense drinking water shall be equipped with a faucet or drinking fountain, shall be capable of being tightly closed and shall be otherwise designed, constructed and serviced so that sanitary conditions are maintained. Water shall not be dipped from containers.

Any container used to store or dispense drinking water shall be clearly marked as to the nature of its contents and shall not be used for any other purpose.

Where drinking fountains are not provided, single-service cups (to be used but once) shall be supplied. Where single-service cups are supplied, a sanitary container for the unused cups and a receptacle for disposing of the used cups shall be provided.

## Heat-related Illnesses and First Aid

Heat stroke, the most serious form of heat-related illness, happens when the body becomes unable to regulate its core temperature. Sweating stops and the body can no longer rid itself of excess heat. Signs include confusion, loss of consciousness, and seizures. "Heat stroke is a medical emergency that may result in death! Call 911 immediately.

Heat exhaustion is the body's response to loss of water and salt from heavy sweating. Signs include headache, nausea, dizziness, weakness, irritability, thirst, and heavy sweating.

Heat cramps are caused by the loss of body salts and fluid during sweating. Low salt levels in muscles cause painful cramps. Tired muscles—those used for performing the work—are usually the ones most affected by cramps. Cramps may occur during or after working hours.

Heat rash, also known as prickly heat, is skin irritation caused by sweat that does not evaporate from the skin. Heat rash is the most common problem in hot work environments.

I \_\_\_\_\_ have read and understand the **PREVENTING HEAT INJURIES IN THE WORKPLACE.**

I understand that I am required to follow these procedures. I also understand that my failure to do so may result in disciplinary action, termination and or increased personal liability.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Supervisor Signature

\_\_\_\_\_  
Date