

# Safety SOP – Heat Stress

## Project Guidelines

### ❖ New Employees Acclimation

- All new-hire craft employees shall be limited to 5-hours of outdoor work during their first 3 days and communicated during onboarding/orientation when heat index average is above 90

### ❖ Electrolyte Replacement

- Supplements containing electrolytes (e.g., Sqwinchers, Pickle Pops, fruits, etc.) shall be immediately available to all personnel working outside during the jobsite designated Summer periods

### ❖ Breaks

- Accessible cool down stations to be staged near work areas
  - Locations to be identified and communicated to all employees
- Water breaks are to be encouraged and taken as needed throughout the day, regardless of heat index or temperature
- Urine color charts shall be placed in all restrooms to allow employees to monitor their hydration levels
- Employees are to be encouraged to take additional breaks, as necessary, if symptoms of heat stress begin to arise
- Project leadership to monitor extreme conditions to implement mandatory breaks

### ❖ Employee Engagement

- Trainings shall be held to communicate and educate all employees of the jobsite Heat Stress program and nutrition advice
- CVIS to monitor the Heat Stress program's effectiveness and provide feedback to project leadership

### ❖ Work Hours

- Operations Manager to review modified work schedules for days with forecasted or actual heat index above 110°F

### ❖ Proactive Planning

- FLS shall implement preventative heat stress measures when feasible (i.e., shaded work tents or welding hooches with adequate ventilation)
- FLS to know their crew members and monitor periodically during operations
- Emergency response procedure shall be implemented with trained professionals to administer first-aid
- Evaluate clothing and PPE alternatives to assist with cooling down employees

## Leadership Commitment

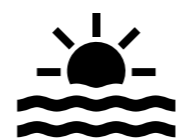
- Sets and maintain project expectations around heat stress awareness
- Ensures FLS are incorporating proactive planning measures
- Continuously monitor work conditions throughout each shift and limit excessive heat exposure during labor-intensive operations

### ➤ Cool Down Station Essentials:

- Outdoor Shade or Indoor Shelter
- Cooler with Water
- Air Cooling Systems (e.g., Swamp Coolers) or Air Conditioning
- Seating
- Electrolytes



# National Weather Service Heat Index Chart



# Safety SOP – Heat Stress

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Likelihood of Heat Disorders with Prolonged Exposure and/or Strenuous Activity

Caution Extreme Caution Danger Extreme Danger

## Urine Hydration Chart



### Heat Exhaustion

#### Symptoms:

Headaches; dizziness or lightheadedness; weakness; mood changes such as irritability, confusion or the inability to think straight; upset stomach; vomiting; decreased or dark colored urine; fainting; and pale, clammy skin

#### Actions to take:

Act immediately: If not treated, heat exhaustion may advance to heat stroke or death

Move the victim: to a cool, shaded area to rest. Don't leave the person alone. If symptoms include dizziness or lightheadedness, lay the victim on their back and raise their legs 6-8 inches. If symptoms include nausea or upset stomach, lay the victim on their side.

Loosen clothing: and remove any heavy clothing.

Give cool water: (about a cup every 15 minutes) to the victim unless the person is sick to the stomach.

Cool the body: by fanning and spraying with cool mist of water or applying a wet cloth to the person's skin.

Contact safety: for emergency help and to report the situation.

### Heat Stroke

#### Symptoms:

Dry, pale skin with no sweating; hot, red skin that looks sunburned; mood changes such as irritability, confusion, or the inability to think straight; seizures or fits; and unconsciousness with no response

#### Actions to take:

Move the victim: to a cool, shaded area to rest. Don't leave the person alone. If symptoms include dizziness or lightheadedness, lay the victim on their back and raise their legs 6-8 inches. If symptoms include nausea or upset stomach, lay the victim on their side.

Loosen clothing: and remove any heavy clothing.

Give cool water: (about a cup every 15 minutes) to the victim unless the person is sick to the stomach.

Cool the body: by fanning and spraying with cool mist of water or wiping the victim with a wet cloth or covering them with a wet sheet. Use ice packs under the armpits and groin area.

Contact safety: for emergency help and to report the situation.

Prevention starts the night before! Drink plenty of fluids (electrolytes, water, etc.) and eat well-balanced diets at and outside of work.