

## **Electric City, Inc.** **Heat-related Stress/Illness Prevention Program**

The company embraces an obligation to provide a safe and healthful work environment, therefore, adoption and implementation of this policy, between May 1 and September 30 of each yearly cycle, is appropriate.

The immediate supervisor, with managerial support, has the greatest opportunity to provide guidance and motivation to personnel concerning safety-related issues and is therefore charged with the duty to implement, monitor and periodically evaluate this policy.

- \* **Supervisory Responsibilities:**
  - \* Provide personnel awareness training (in an understandable language format) relative the following heat-related stress/illness prevention topics:  
(guidance concerning this issue is provided in Appendix "A")
    - \* Environmental and personal risk factors.
      - \* Procedures for identifying, evaluating and controlling those risk factors.
  - \* The importance of frequent and adequate water or other suitable fluid(s) consumption.
  - \* Atmospheric acclimation concepts.
  - \* Heat-related stress/illness progression:
    - \* Cramps
    - \* Exhaustion
    - \* Stroke
  - \* Suitable responses, subsequent symptom detection.
    - \* Victim assistance protocol.
      - \* If indicated, Emergency Medical Services (EMS) will be advised.
      - \* On-site victim evacuation procedures.
    - \* Emergency Medical Services (EMS) notification procedures.
      - \* Specific information concerning the work-zone location and expedient access.

**\* AT THE BEGINNING OF EACH WORK PERIOD:**

- \* Determine the current and potential work-zone atmospherical temperatures and relative humidity.
    - \* The effect of radiant and conductive heat exposure, wind/ventilation equipment velocity and introduced humidity must also be considered.
  - \* When the current or predictable work-zone temperature is or forecasted to be 89F degrees (Fahrenheit scale) or greater, the following heat-related stress/illness prevention procedures will be implemented:
    - \* A sufficient (one (1) quart per employee, per scheduled work-period hour) supply of suitable drinking water or other appropriate fluid(s) is available and conveniently accessible. Periodic water replenishment, at timely intervals, is acceptable.
    - \* During the performance of work-related activities, relevant personnel will be advised to exercise caution.
    - \* The projected physical exertion level and duration, for each pertinent worker, will be determined, evaluated and, if necessary, accommodated.
      - \* When a condition warrants, rest/recovery period frequency and duration will be enhanced.
    - \* If applicable, consideration of and accommodation for the following work-zone circumstances will also be provided:
      - \* Work-related activities which are performed while personnel utilize Personal Protective Equipment (PPE) or protective garments.
      - \* Work-related activities which are performed in a reduced atmospheric circulation area (attic, crawl space, confined space, etc.)
      - \* Work-related activities which are performed in a radiantly heated area (roof area, furnace/boiler room, asphalt paved parking/driveway area, sunlight exposure area, vehicle, equipment or machinery operational area, etc.)
- \*\*\* The accommodation requirement temperature may be reduced to 52F degrees (Fahrenheit scale) \*\*\*
- \* Relevant personnel will be encouraged to consume a sufficient quantity of water or other suitable fluid(s).
  - \* If feasible, a suitable rest/recovery area will be available for personnel who are adversely affected by an elevated heat exposure.
    - \* Personnel will be provided with information concerning the location of the rest/recovery facility.
  - \* Personnel will be directed to immediately report personal heat-related stress/illness symptoms and those detectable in a coworker.

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APPENDIX "A"

## Protect Yourself Heat Stress



When the body is unable to cool itself by sweating, several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur, and can result in death.

### Factors Leading to Heat Stress

High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; some medicines; and inadequate tolerance for hot workplaces.

### Symptoms of Heat Exhaustion

- Headaches, dizziness, lightheadedness or fainting.
- Weakness and moist skin.
- Mood changes such as irritability or confusion.
- Upset stomach or vomiting.

### Symptoms of Heat Stroke

- Dry, hot skin with no sweating.
- Mental confusion or losing consciousness.
- Seizures or convulsions.

### Preventing Heat Stress

- Know signs/symptoms of heat-related illnesses; monitor yourself and coworkers.
- Block out direct sun or other heat sources.
- Use cooling fans/air-conditioning; rest regularly.
- Drink lots of water; about 1 cup every 15 minutes.
- Wear lightweight, light colored, loose-fitting clothes.
- Avoid alcohol, caffeinated drinks, or heavy meals.

### What to Do for Heat-Related Illness

- Call 911 (or local emergency number) at once.

While waiting for help to arrive:

- Move the worker to a cool, shaded area.
- Loosen or remove heavy clothing.
- Provide cool drinking water.
- Fan and mist the person with water.

For more complete information:

**OSHA** Occupational  
Safety and Health  
Administration  
U.S. Department of Labor  
[www.osha.gov](http://www.osha.gov) (800) 321-OSHA

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