

HEAT ILLNESS PREVENTION SCOPE AND PURPOSE

Employees working in outdoor places of work may be subject to environmental conditions that increase the risk of heat illness, such as heat cramps, heat exhaustion and heat stroke. Silver Lake Construction (the “Company”) has developed this Heat Illness Prevention Program to prevent the occurrence of heat illness, to plan for heat illness should it occur, and to comply with the OSHA Heat Illness Prevention standard.

This program applies to employees in all outdoor places of work where a risk of heat illness exists.

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 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.

“Temperature” means the dry bulb temperature in degrees Fahrenheit obtainable by using a thermometer to measure the outdoor temperature in an area where there is no shade. While the temperature measurement must be taken in an area with full sunlight, the bulb or sensor of the thermometer should be shielded while taking the measurement, e.g., with the hand or some other object, from direct contact by sunlight.

1. RESPONSIBILITIES

The Company’s Safety Manager is the person responsible for ensuring compliance with this Heat Illness and Prevention Program.

The Company shall:

- Train all employees, including supervision, on the provisions of this program
- Comply with all provisions of this program

2. TRAINING

Training shall be provided to employees, foremen, and supervisors prior to their commencement of outdoor work. Training shall be appropriate for the culture and level of language for employees and shall include:

- The environmental and personal risk factors for heat illness (Appendix 2)
- The employer’s procedures for complying with the requirements of this standard
- The importance of frequent consumption of small quantities of water, up to four (4) 8 ounce glasses or 1 quart per hour, when the work environment is hot as employees are likely to be sweating more than usual in the performance of their duties
- The importance of acclimatization
- The different types of heat illness and the common signs and symptoms of heat illness (Appendix 2)
- Preventing heat stress (Appendix 2)
- The availability of shade and a period of time for the preventive recovery of an employee who needs and/or expresses a need for such a recovery time
- The importance to employees of immediately reporting to the employer, directly or through the employee’s crew foreman, symptoms or signs of heat illness in themselves, or in co-workers
- The employer’s procedures for responding to symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary
- The employer’s procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical services provider

- The employer's 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.

Foremen and supervisors shall be trained on the above topics. In addition, foremen and supervisors must be trained on the following topics:

- The procedures the foreman and/or supervisor is to follow to implement the applicable provisions in this Program
- The procedures a foreman or supervisor is to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures.

Foremen will also hold frequent tailgate meetings with employees to review important information employees must know to prevent and respond to heat illness such as that information provided in Appendix 1. This is particularly important on hot days and during heat waves. Foremen will discuss:

- Providing potable drinking water in sufficient quantities so that each employee has access to four (4) 8-ounce glasses or 1 quart of water per hour throughout the entire work shift
- Encouraging frequent drinking of water by employees, up to four (4) 8-ounce glasses or 1 quart per hour when the work environment is hot
- Identifying and providing effective forms of communication for use on the jobsite (for example, radios, cell phones, etc.)
- Identifying how local emergency medical services will be contacted and how injured employees will be transported to a location accessible to emergency medical services, if necessary
- Ensuring emergency medical services are contacted in the event of an employee heat illness.

The following responsibilities shall be assigned to foremen, supervisors or other management employees.

- Be aware of the signs and symptoms of possible heat illness
- Ensure any employee exhibiting signs and symptoms of heat illness is provided with shade and water
- Ensure any necessary medical care is provided to any employee exhibiting signs or symptoms of heat illness
- Ensure the presence of sufficient drinking water for all employees
- Encourage the frequent drinking of water throughout the work shift
- Ensure the presence of adequate shade for all employees when temperature reaches 90 degrees Fahrenheit or is forecast to reach 90 degrees Fahrenheit or above
- How to monitor weather reports and how to respond to hot weather advisories
- Adjust work hours and/or work conditions when necessary (such as

- during a heat wave or when temperatures reach 90 degrees Fahrenheit)
- Ensure any employee is provided with a recovery period if the employee is suffering from heat illness, appears to be suffering from heat illness, or an employee believes a preventive recovery period is necessary
- A crew foreman will have authority to adjust the crew's working hours in the event of hot working conditions, such as, air temperature exceeding 90 degrees Fahrenheit or the occurrence of a heat wave

3. ACCLIMATIZATION

Employees new to working in hot outdoor environments are at the highest risk of heat illness. This includes all new employees, as well as employees returning to work after an absence from working in a hot outdoor environment. During heat waves and when air temperatures reach 90 degrees Fahrenheit, foremen, supervisors, and management employees shall decrease the duration of work shifts of such employees until sufficient acclimatization has occurred.

Foreman should constantly and closely monitor all employees working outdoors in hot temperatures for symptoms of heat illness.

4. PROVISION OF WATER

The employer shall provide potable drinking water meeting the requirements of sections 1524, 3363, 3457 in sufficient quantities so that each employee has access to one quart of water per hour throughout the entire work shift.

Water shall be fresh, pure and suitably cool. All sources of drinking water shall be maintained in a clean and sanitary condition. Portable drinking water dispensers 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. Such dispensers shall be clearly marked as to their contents. The water is to be dispensed in single-use drinking cups.

The dipping or pouring of drinking water from containers is prohibited regardless of whether or not the containers are fitted with covers. The use of a common cup, glass or other vessel for drinking purposes is prohibited. During tailgate meetings, foreman and supervisors shall discuss and encourage employees to drink water constantly throughout the day.

5. ACCESS TO SHADE

- The employer shall plan for and make available shade to employees when temperatures reach 90 degrees Fahrenheit or higher, or if forecast indicates the potential. This shaded area shall:
 - Be sufficient enough to block direct sunlight (so that the employee does not cast a shadow in the area of blocked sunlight) and may include areas under canopies ("pop-ups")

- The amount of shade present shall be at least enough to accommodate the number of employees on recovery or rest periods
- Be either open to air or provided with ventilation or cooling
- Have sufficient space to reasonably accommodate each member of the crew
- If the employee exhibits signs or reports symptoms of heat illness while taking a cool down rest the employer shall provide appropriate first aid or emergency response.

As part of employee training and at tailgate meetings, foremen shall inform employees what shade is available and how to access shade.

Crew foreman will encourage the use of shade for any employee who exhibits signs or symptoms of heat illness or who requests access to shade.

6. PREVENTIVE RECOVERY PERIOD

Any employee suffering from heat illness, appearing to be suffering from heat illness, or believing a preventive recovery period is needed, shall be immediately provided with access to an area with shade for that period of time necessary for a recovery, not less than five (5) minutes in duration. The employee shall be promptly evaluated by the crew foreman to determine whether emergency medical services are necessary and, if so, the foreman shall comply with the provisions of this Program.

7. PROCEDURES FOR RESPONDING TO SYMPTOMS OF POSSIBLE HEAT ILLNESS

Upon learning that an employee may be suffering from heat illness, appearing to be suffering from heat illness, or being informed by an employee or believing a preventive recovery period is needed for an employee, the crew foreman will instruct the employee to stop working and go to the shaded area provided by the employer.

In the shaded area, the foreman will assess the affected employee's condition. If, in the foreman's judgment, the affected employee is suffering from heat illness or upon the affected employee's belief that he/she is suffering from heat illness, the foreman will notify the next level of management of this occurrence and will follow the procedures for providing emergency medical services. The employee will be encouraged to drink water, and the foreman will designate a second employee knowledgeable in recognizing the symptoms of heat illness to remain with the affected person during the preventative recovery period. Because early symptoms of heat illness such as headache, muscle cramps and unusual fatigue may rapidly progress into more serious or fatal heat illness, the foreman will be instructed to promptly initiate the procedures for providing emergency medical services if there is the slightest indication of heat illness.

In the event any crew foreman or supervisor forms an opinion that an employee has suffered or may suffer from heat stroke, the crew foreman or supervisor will provide appropriate first aid care pending the arrival of emergency response services.

If, in the foreman's judgment, the affected employee is not suffering from heat illness, the affected employee will be instructed to wait in the shaded area until it is determined the employee may return to work.

8. PROCEDURES FOR PROVIDING EMERGENCY MEDICAL SERVICES

Occasionally, outdoor work may take place in locations which are not easily accessible to emergency medical services.

precise directions to the construction site. If necessary, they shall prepare written directions to the site for quick reference in emergency situations.

Also prior to beginning work at any location, foremen shall assign a particular employee to meet emergency responders at a designated location for the purpose of directing emergency responders to location of the employee suffering from heat illness.

Foremen shall be equipped with a cell phone and/or a radio, the use of which will depend on their availability of use.

9. RECORDS

Records of employee training will be maintained in accordance with the Company's Injury and Illness Prevention Program.