

PURPOSE:

Everyone who lives in warm or seasonally warm climates or works in hot, humid places can be affected by heat stress, even when they are young and healthy. Heat disorders are preventable with proper planning, supervision and training.

The purpose of this best practice is to prevent the development of heat related illness and injuries of employees working in hot environments. High temperatures put stress on our bodies. When the body's cooling system has to work too hard to reduce heat stress, it can strain itself. This physical strain – combined with other stresses such as work, loss of fluids or fatigue may lead to heat disorders, disability, or even death. Just as we pre-plan anything that we do on a job, we should pre-plan our processes and measures for reducing the risks of heat stress before mobilizing on our jobsites.

PROCESS:

When employees are exposed to potential heat stress conditions, each supervisor will plan their jobs utilizing the appropriate control measures listed below.

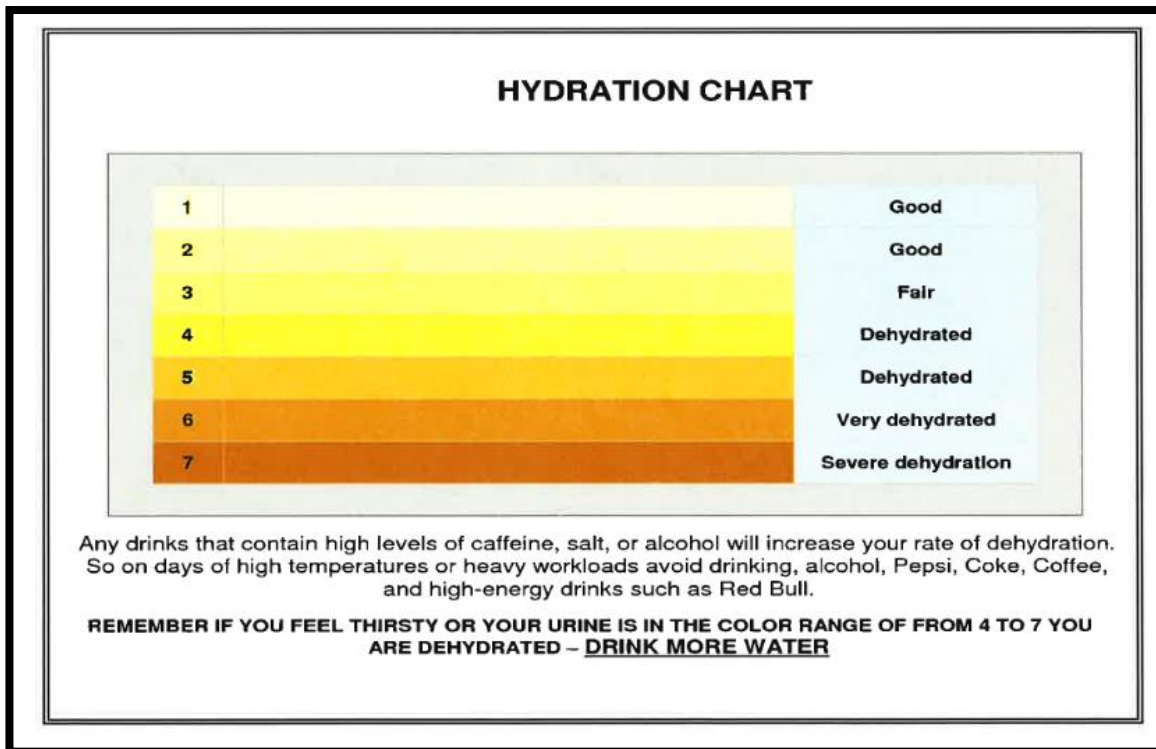
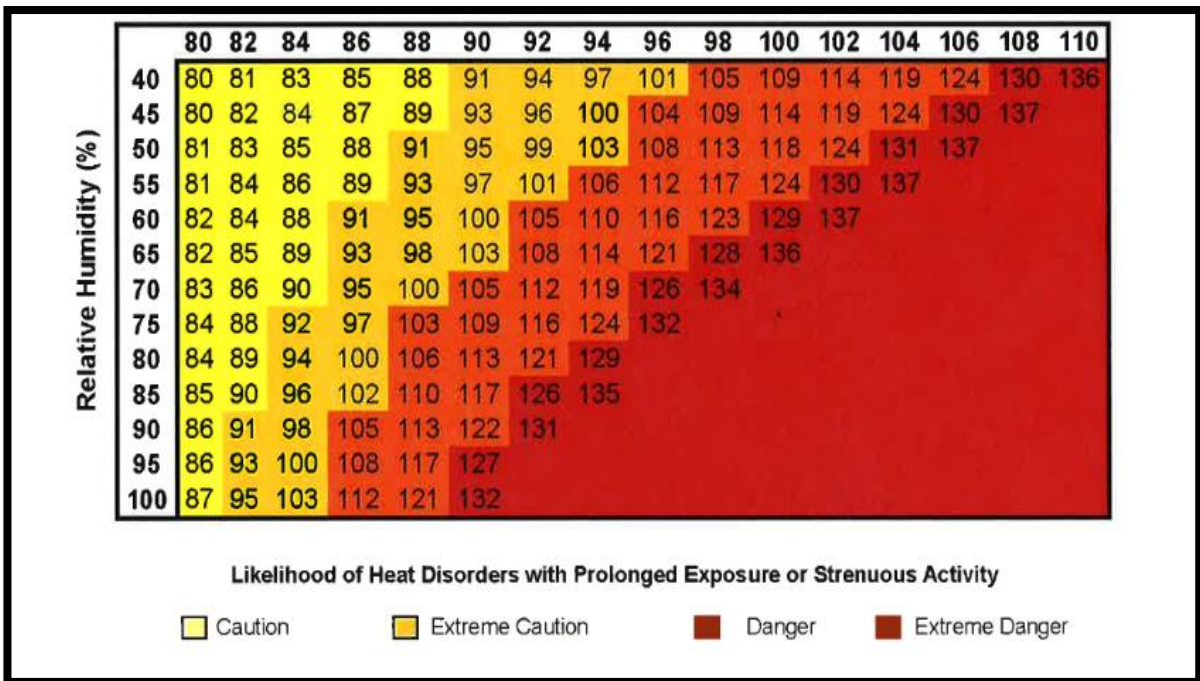
1. Direct, monitor and participate with their employees to ensure they are taking regular water breaks.
2. Mentor new employees on the process and ensure acclimation to the heat.
3. Remind employees each morning during the pre-task about the importance of hydrating, breaks, and to look out for signs of heat stress.
4. Provide more structured breaks on site requiring employees to consume water.
5. Rotate employees that are performing strenuous work and/or labor. Also, scheduling concrete pours and other strenuous work for early morning hours if possible.

Workers should avoid exposure to extreme heat, sun exposure, and high humidity when possible.

Workers should take the following steps to prevent heat stress:

1. Wear light colored, loose-fitting, breathable clothing such as cotton.
2. Gradually build up to heavy work.
3. Schedule heavy work during the coolest parts of the day.
4. Take more breaks in extreme heat and humidity.
5. Drink water frequently. Drink enough water that you never become thirsty. Approximately 1 cup every 15-20 minutes.
6. Avoid alcohol, and drinks with large amounts of caffeine or sugar.
7. Be aware that protective clothing or personal protective equipment may increase the risk of heat stress.

- 8. Monitor your physical condition and that of your coworkers.
- 9. Avoid hot foods and heavy meals – they add heat to your body.



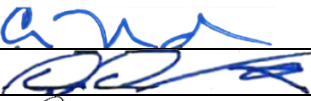

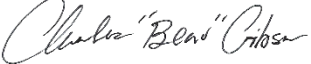
PAYOFF:

Applying these techniques will improve productivity, quality and injury prevention as well as eliminate employee illness due to heat stress.

Crew Review:

Superintendent: Instruct the crew to use their phones to scan one of the QR codes below, which will direct them to a short review session. After personnel enter their information and submit it, training records will be generated and automatically saved for future reference. Utilize this time for open engagement with the crew. Each review will have different questions, which can be answered either as a team or individually.



Approvals		
<u>Title</u>	<u>Signature</u>	<u>Date</u>
BU 15 Vice President		9-4-24
BU 15 Senior Construction Manager		9-4-24
BU15 Manager of Safety		9-4-24

Revision History				
<u>Rev #</u>	<u>Date</u>	<u>Reason for Changes</u>	<u>Originator</u>	<u>Effective Date</u>
1	06-26-2024	Update to new format/ add QR training codes	Lance Bradley	9-4-24

Note: BP Requirement

Work must be performed in accordance with the information in this BP. If it is determined that work cannot be done as required in the document or that it presents additional risk, you must obtain authorization for variance from the Business Unit Sr. Construction Manager and Business Unit Manager of Safety.