



HEAT STRESS SAFETY PROGRAM		
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## Objective

- ' Heat stress occurs when the body cannot cool itself enough to maintain a healthy temperature. Symptoms of heat stress include headache, dizziness, heat rash, fainting, nausea, weakness, irritability, heavy sweating, confusion, heat stroke and even death. A worsening of already existing medical conditions can occur when one is overcome with heat stress

The Case Western Reserve University (CWRU) Heat Stress Prevention Program has been developed to provide workers with the training and equipment necessary to protect them from heat related exposures and illnesses. Instruct employees on how to cope with heat stress should they become affected.

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## 1.0 Training

- ' All employees of CWRU who are or may be exposed to potential heat related illnesses will receive training on the following:
  - Environmental and personal risk factors that cause heat related illnesses
  - CWRU's procedures for identifying, evaluating and Managing your exposure to environmental and personal risk factors for heat illness
  - The importance of frequent consumption ~~after~~, beginning with small quantities and going up to four cups of water per hour when under extreme conditions of work and heat
  - The importance of acclimatization to your environmental situation
  - The different types, common signs and symptoms of heat ailments
  - Why it is critical to immediately report any signs of heat illnesses



- Treatment
  - Cool environment
  - Cool shower
  - Dry off thoroughly
  - Calamine lotion or some topical steroids
  -

exercises or works in a hot environment and sweating is unable to rid excessive heat generated within the body. It takes 30 minutes to cool the body down once a worker becomes overheated and suffers heat exhaustion.

- Symptoms
  - Weakness or fatigue
  - Headache
  - Finding it difficult to continue working
  - Breathing difficulties
  - Disorientation
  - Nauseated or vomiting
  - Feeling faint or actually fainting
  - Clammy skin
  - Pale or flushed face
  
- Treatment
  - CALL 911
  
- Help the victim cool off by:
  - Resting in a cool place
  - Drinking cool water
  - Remove unnecessary clothing or loosen clothing
  - Have victim, if able, shower or sponge off with cool water
  - Do not allow victim to have alcohol or caffeine
  - Have the victim sit near or close to a fan



## 6.0 Responsibilities

' Supervisors are responsible for performing the following:

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- Wear light, loosefitting clothing that permits the evaporation of sweat.
- Wear light colored garments that absorb ~~less~~ heat from the sun.
- Drink small amounts of water – approximately ~~one~~ cup every 15 minutes.
- Avoid beverages such as tea or coffee.
- Avoid eating hot, heavy meals.
- Do not take salt tablets unless prescribed by a physician.
- Review Attachment 1 for additional information.
- Use common sense and basic instinct.

## 7.0 Program Review

- ' The safety director will periodically review this program for compliance with all applicable regulatory standards. Updates will be provided to all employees.

# AttachmentOne

## Heat Illness Prevention Guide for Workers

Awareness of heat illness symptoms can save your life

# Attachment Two

## Heat Stress Index

