



HEAT ILLNESS PREVENTION PLAN

CCR Title 8 – §3395

“Appendix E” of the SBCUSD Injury and Illness Prevention Program



Eric Vetere – Interim Environmental Safety Officer

(Rev 07/11)

Policy

It is the policy of the State of California and the San Bernardino City Unified School District (SBCUSD) that all employees be protected from heat illness during the course of their work. It is also the policy that procedures be established, and that all employees required to work outdoors and their supervisors receive training to identify the risk factors, to control the employees' exposure to the environment, and to seek medical assistance in the event of illness.

Authority and Application

Full State Policy is covered in Title 8, Section 3395 of the California Code of Regulations (CCR).

This standard applies to all outdoor places of employment.

(A) Agriculture

(B) Construction

(C) Landscaping

(D) Oil and gas extraction

(E) Transportation or delivery of agricultural products, construction materials or other heavy materials (e.g. furniture, lumber, freight, cargo, cabinets, industrial or commercial materials), except for employment that consists of operating an air-conditioned vehicle and does not include loading or unloading.

Exception: If an industry is not listed above, employers are not required by State Law to comply with high-heat procedures.

Responsibility

Safety Office: The Environmental Safety Office (ESO) is responsible for providing information and direction to managers, supervisors and staff to prevent heat illness. This includes daily heat alerts and instructions when temperatures are believed to be in excess of 90 degrees Fahrenheit.

Managers and Supervisors: Managers and supervisors are responsible for ensuring that all elements of this policy are implemented.

Affected managers and supervisors shall attend heat training and implement heat prevention methods as required.

Managers and supervisors are responsible for encouraging affected employees to drink water frequently and for reminding the employees of the steps to prevent heat illness.

In the event of an employee's heat illness, supervisors and/or managers are required to complete the necessary forms to report the incident and get medical assistance for the employee (forms RM-8 and RM-86 available from Workers Comp Unit and via WWW.SBCUSD.COM).

Affected Employees: Employees shall follow the established procedures to ensure their safety and prevent heat illness. Employees shall report any incidents of heat illness to their supervisors. Employees shall attend training as required

Definitions

Acclimatization: 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 14 days of regular work for at least two hours per day in the heat.

Heat Illness: 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: 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 protective equipment worn by employees.

Personal

Risk Factors: 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.

Preventive

Recovery Period: A period of time to recover from the heat in order to prevent heat illness.

Shade: Needed when outside temperatures are above 85 degrees Fahrenheit. 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. A car sitting in the sun does not provide acceptable shade to a person inside it, unless the car is running with air conditioning.

Provision of Water

Employees shall have access to potable drinking water meeting the requirements of Sections 1524, 3363, and 3457 (Title 8, CCR). Where water is not plumbed or otherwise continuously supplied, it shall be provided in sufficient quantity to provide one quart per employee per hour for the entire shift. Employees are encouraged to drink eight (8) ounces of water every fifteen minutes when working outdoors in the heat.

Access to Shade

Employees suffering from heat illness or believing a preventative recovery period is needed shall have access to an area with shade that is either open to the air or provided with ventilation or cooling for a period of not less than five minutes. Such access to shade shall be permitted at all times whether portable or permanent.

Emergency Response

Heat Exhaustion:

What is heat exhaustion?

Heat exhaustion is a milder form of heat-related illness that can develop after several hours or days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.

What are the warning signs of heat exhaustion?

The warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- The skin may be cool and moist.
- The pulse rate will be fast and weak, and breathing will be fast and shallow.

What steps can be taken to cool the body during heat exhaustion?

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath, or sponge bath.
- Seek an air-conditioned environment.
- Wear lightweight clothing.



Emergency Response

Heat Stroke:

What is heat stroke?

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

What are the warning signs of a heat stroke?

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



If you see any of these signs, you may be dealing with a life-threatening emergency. [Have someone call 911](#) for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

Access to Medical Facilities

Employees working in the field should know where the nearest emergency medical facilities, including fire stations are located. Likewise, when a field employee changes locations, he/she should know the address of sites or landmarks nearby the work location in the event emergency medical assistance is required. If medical assistance is necessary, provide clear and precise directions to the work site.

Distribution

Distribution of the above policy/procedure includes all employees and supervisors of employees as defined on page 1.

Training Sign-In Log

Training Course Title: Heat Illness Prevention Training	
Date of Training:	
Location of Training:	
Supervisor:	
Employee Name / Department:	Employee Signature:
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

Please return to Environmental Safety Office