

## Heat Illness Prevention Plan - Appendix A: Definitions

**Acclimatization** – The body’s temporary adaptation to work in heat that occurs as a person is exposed to it over time. *Acclimatization peaks in most people within four to fourteen days of regular work for at least two hours per day in the heat. (CA)*

**Apparent Temperature** – See **Heat Index**

**Drinking Water** – Potable water that is suitable to drink and that is cool (66°F – 77°F) or cold (35°F – 65°F). Drinking water is packaged as a consumer product and electrolyte-replenishing beverages that do not contain caffeine (for example, sports drinks) are acceptable substitutes, but should not completely replace the required water.

**Emergency Medical Services** – PCC’s Department of Public Safety and/or local Police departments, fire services departments and ambulance services.

**Engineering Controls** – The use of devices to reduce exposure and aid cooling (i.e., air conditioning).

**Environmental Factors for Heat-related Illness** – Working conditions that increase susceptibility for heat-related illness such as air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity (i.e., heavy, medium, low) and duration, and personal protective equipment worn by employees.

**Heat-related Illness** – A medical condition resulting from the body’s inability to cope with a particular heat load, and includes heat cramps, heat rash, heat exhaustion, heat syncope and heat stroke.

**Heat Index** – Also known as the apparent temperature, is what the temperature feels like to the human body when relative humidity is combined with air temperature. The heat index is calculated using equations published by the National Oceanic and Atmospheric Administration’s National Weather Service. It can be readily determined using the OSHA-NIOSH Heat Safety Tool App (<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>) or the online calculator from the National Weather Service (<https://www.wpc.ncep.noaa.gov/html/heatindex.shtml>). The heat index in an indoor space can be calculated by substituting the measured indoor temperature and leaving the humidity unchanged OR by substituting both the measured indoor temperature and measured indoor humidity.

**High Heat** – Ambient heat index readings of 91°F or higher

**NIOSH** – National Institute of Occupational Safety and Health

**OR OSHA** – Oregon Occupational Safety and Health Administration

**Outdoor Environment** – An environment where work activities are conducted outside. Work environments such as inside cabs, sheds, and tents or other structures may be considered an outdoor environment if the environmental factors affecting temperature are not managed by engineering controls. Construction activity is considered to be work in an outdoor environment when performed inside a structure after the outside walls and roof are erected.

**Personal Risk Factors for Heat Illness** – 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.

**Relative Humidity** – The amount of water vapor present in air expressed as a percentage of the amount needed for saturation at the same temperature.

**Shade** – Blockage of direct sunlight. 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 in it, unless the car is running with working air conditioning.