

Heat Illness Prevention Plan - Appendix A: 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 seven to fourteen days of regular work for at least two hours per day in the heat. This time frame applies to fit individuals with no underlying medical conditions.

Apparent Temperature – See **Heat Index**

Drinking Water – Potable water that is suitable to drink and that is cool (66-77°F) or cold (35-65°F).

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., rest, light, moderate, heavy and very heavy) and duration, and personal protective equipment worn by employees.

Heat Illnesses – Medical conditions resulting from the body's inability to cope with a particular heat load, and includes heat cramps, 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.

High Heat – Ambient heat index readings of 90°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.

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 is shade. One indicator that blockage is sufficient is when objects do not cast a shadow in the area of blocked sunlight. Shade is not sufficient 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 working air conditioning. Shade may be provided by any natural or artificial means that does not expose employees to unsafe or unhealthy conditions, and that does not deter or discourage access or use.

Temperature-Controlled Environment – An indoor setting where the temperature is maintained with a mechanical cooling system.