Heat Illness Prevention Plan - Appendix D: Preventing Heat-Related Illnesses

The following are recognized practices to prevent heat-related illnesses:

Engineering Controls: These are built into the design of the workplace, piece of equipment or process so as to minimize hazards. These are the first controls that should be implemented and are often the most effective at reducing heat-related hazards. Proper engineering controls will depend upon the workplace. The following controls will be more effective in indoor environments:

-Automate or mechanize certain processes to reduce employees' exposure to heat
-Reduce radiant heat by covering or insulating hot surfaces
-Shield workers from radiant heat or sunlight via shade
-Increase ventilation or provide air conditioning to remove hot air
-Practice spot cooling by installing fans
-Reduce sources of moisture and consider the use of a dehumidifier

Administrative Controls: These are changes in work procedures, safety policies, rules, supervision, schedules and training. They aim to reduce the duration, frequency and severity of heat exposures. Administrative controls should be implemented when engineering controls are not feasible or if heat-related hazards are still present. Managers of employees working outdoors should have success with many of the following list administrative controls:

-Acclimatize workers
-Supervise workers
-Manage work and rest cycles:
    *Schedule the most difficult or strenuous tasks for the coolest part of the day
    *Utilize additional workers for a given task or rotate job tasks
    *Allow employees to work more slowly during the hottest part of the day
    *Relocate work away from direct sunlight or radiant heat whenever possible
    *Schedule routine maintenance or tasks during cooler seasons
-Provide shaded, well ventilated break areas
-Provide sufficient water throughout the day
-Train employees

Employee Best Practices: The following list details what employees can personally do to prevent or reduce the likelihood of heat-related illnesses:

-Stay hydrated – Drink water frequently even when not thirsty
-Reduce caffeine intake
-Avoid or reduce alcohol
-Eat lighter meals
-Exercise / reduce weight
-Wear a wide brimmed hat

-Wear loose, non-restrictive clothing
-Wear light-colored clothes
-Wear sunscreen (min SPF 15)
-Look out for yourself and your coworkers
-Pace yourself while working in the heat
-Take more frequent breaks
-Rest in the shade
-Learn the signs and symptoms of heat-related illnesses
-Stop working at the first signs of distress
-Work at the level to which you are acclimated
-Monitor urine output and color
-Use cooling vests or wraps
-Use a Camelback or other water bladder storage/delivery system