

32. Outdoor Heat Exposure Safety Plan

Employees will be protected from heat-related illness if the outdoor heat exposure safety plan is followed.

Employees should start the day fully hydrated and then keep track of the water consumed hourly (recommended that one quart per hour be consumed). An employee should not wait until thirsty to drink water and ideally pace your drinking by aiming for every 15-20 minutes.

If temperatures reach 89 degrees, then the water will always be provided at a cool temperature and an employee should take additional preventative cool-down rest to protect from overheating.

If temperature are 100 degrees or higher employees will have cool-down rest periods of at least 10 minutes every two hours in shade or another sufficient place for cool down.

Rest in shaded areas such as the workshop, covered moorage, the laundry room, or restrooms, do not wait until you feel sick. If employees should start to feel sick, STOP working and move to closest shaded location (the workshop, covered moorage, etc.) to rest, cool off, drink water, and recover. Please inform another employee so that they can check on you to ensure your symptoms are not worsening.

Symptoms of Heat-Related Illness

Heat Stroke

- Hot, red, dry skin, NO SWEATING
- Fast, strong pulse
- Body temperature of 104 degrees or higher
- Headache, dizziness, confusion
- Nausea
- Losing Consciousness

Heat Exhaustion (Get to shade, provide aid, monitor symptoms)

- HEAVY SWEATING
- **Fast, weak pulse]**
- **Cold, pale, clammy skin**
- **Headache, dizziness, mood change**
- **Nausea or vomiting**
- **Tiredness, weakness, muscle cramps**