Compliance Made Simple Presents:

Take 10... Effective Safety Committee Meetings in Just 10 Slides

Topic of the month: Heat Stress & Safety
First things First:

Document Your Meeting Per Your States Requirements

**Washington**

Microsoft Word Document

**Oregon**

Microsoft Word Document

**Montana**

Microsoft Word Document

**Alaska & Idaho:** There are currently no federal and/or state-specific requirements for safety committees in these states.
**Employer Responsibilities**

OSHA: Under OSHA law, employers are responsible for providing workplaces free of known safety hazards. This includes protecting workers from extreme heat. An employer with workers exposed to high temperatures should establish a complete **heat illness prevention program**.

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize, or build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

State Specific Rules:

- **WA: WAC 296-62-09530** Employers having employees exposed to the temperature conditions on the right must:
  - Address their outdoor heat exposure safety program in their written accident prevention program (APP)
  - Encourage employees to frequently consume water or other acceptable beverages to ensure hydration.
  - Employers must ensure that a sufficient quantity of drinking water is readily accessible to employees at all times; and
  - Employers must ensure that all employees have the opportunity to drink at least one quart of drinking water per hour.

<table>
<thead>
<tr>
<th>All other clothing</th>
<th>89°</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double-layer woven clothes including coveralls, jackets and sweatshirts</td>
<td>77°</td>
</tr>
<tr>
<td>Non-breathing clothes including vapor barrier clothing or PPE such as chemical resistant suits</td>
<td>52°</td>
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</tbody>
</table>
Employee Responsibilities

To prevent heat related illness and fatalities, employees should:
• Drink water every 15 minutes, even if you are not thirsty.
• Rest in the shade to cool down.
• Wear a hat and light-colored clothing.
• Learn the signs of heat illness and what to do in an emergency.
• Keep an eye on fellow workers.
• "Easy does it" on your first days of work in the heat. You need to get used to it.

State Specific Rule(s):
WA: WAC 296-62-09530: Employees are responsible for monitoring their own personal factors for heat-related illness including consumption of water or Other acceptable beverages to ensure hydration.
Factors that Can Lead to Heat Illness at Work

- High Temperature and/or Humidity
- Direct sun exposure
- Low fluid consumption
- Lack of breeze/wind
- Physical exertion
- Use of bulky protective clothing & equipment
Identifying Signs of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- Dizziness
- Headache
- Weakness
- Sweaty Skin
- Cramps
- Nausea, vomiting
- Increased heart rate
Treating Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place. Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.
- If such measures fail to provide relief within 15 minutes, seek emergency medical help, because untreated heat exhaustion can progress to heat stroke.
- After you've recovered from heat exhaustion, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.
Identifying Signs of Heat Stroke

The most common symptom of heat stroke is a core body temperature above 105 degrees Fahrenheit. But fainting may be the first sign. Other symptoms to look for include:

- Red, Hot, Dry Skin
- Confusion
- Convulsions
Treating Heat Stroke

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal.

- While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment -- or at least a cool, shady area -- and remove any unnecessary clothing.
- If possible, take the person's core body temperature and initiate first aid to cool it to 101 to 102 degrees Fahrenheit. (If no thermometers are available, don't hesitate to initiate first aid.)

Try these cooling strategies:
- Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.
- Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
- Immerse the patient in a shower or tub of cool water, or an ice bath.
- If emergency response is delayed, call the hospital emergency room for additional instructions.
Resources:

OSHA Heat Safety Quick Card

OSHA Heat Safety Tool Smartphone App

OSHA Heat Safety Planning Checklists

WA State Heat Safety Training Requirements

Heat Safety Training Video 1 (2:50)

Heat Safety Training Video 2 (14:03)