AMPCO Contracting, Inc.

Heat Illness Prevention Program

Updated: 01/01/2021

Heat Illness Prevention Program

Purpose

To provide a safe and healthful working environment and protect AMPCO Contracting, Inc. employees exposed to temperature extremes, radiant heat, humidity, or limited air movement while working from heat related illnesses.

Policy

Work areas are evaluated to determine if AMPCO Contracting, Inc. employees are at risk from heat related illnesses during temperature extremes and hot weather while working. If it is determined that employees' area(s) is/are at risk, they will be trained:

- to be aware of heat related illnesses,
- how to prevent heat related illnesses,
- on the symptoms of heat related illnesses, and
- on procedures to take if symptoms are present.

Implementation of AMPCO Contracting, Inc. Heat Illness Prevention Program

AMPCO Contracting, Inc. will implement this Heat Illness Prevention Program when employees are at risk of heat related illnesses while they are working and exposed to a combination of environmental risk factors such as temperature extremes, radiant heat, humidity, limited air movement, protective clothing, workload severity and duration.

This program is intended to address policies and procedures associated with preventing both the frequency and severity of occupational heat related illness in all outdoor places of employment. The policies and procedures outlined in this program are in support of and in reference to the California Department of Occupational Safety and Health (DOSH) General Industry Safety Orders (GISO) specifically addressed in:

Code of California Regulations (CCR) Title 8, Section 3395

Key elements of this program are:

- Scope and application of policies and procedures for identifying and understanding symptoms of and control measures for heat related illnesses.
- Key terms and definitions used to support the scope and application of this program.
- Employer requirements for provision of water and access to shade.
- Mandatory heat illness prevention training topics for employees and Supervisors.

RESPONSIBILITIES

The following designated person has the authority and responsibility for implementing the provisions of this program at your operation:

- Reggie Kama / Office (949) 955-2255 / Cell: (949) 423-5730

A. Project Manager is responsible for:

1. Preparing and maintaining a written program, which complies with the requirements of Cal/OSHA.
2. Assisting with providing training to all potentially impacted employees and their Supervisors on the risks and prevention of heat illness, including how to recognize symptoms and respond when they appear.

B. Directors, Managers, and Supervisors are responsible for:

1. Identifying all employees who are required to work outdoors where potential heat illness could occur and identifying the Supervisor of the employees.
2. Assuring that adequate water and shade are available at a job site when the environmental risk factors for heat illness are present.
3. Ensuring that all affected employees have received proper training on heat illness prevention.
4. Ensuring that the requirements in this document are followed.
5. Contacting emergency medical services in the event medical assistance is required.

C. Affected employees are responsible for:

1. Complying with the provisions of the Heat Illness Prevention Program, as described in this document and in the training sessions they attend.
2. Ensuring they have drinking water available at all times when the environmental risk factors for heat illness are present.
3. Ensuring they have access to a shaded area to prevent or recover from heat related symptoms.

4. Reporting heat related illness symptoms to the Project Manager or site Supervisor directly.

UNDERSTANDING HEAT STRESS

The scope and application of this program are in accordance with CCR Title 8, Section 3395(a) and apply to work activities performed outdoors where environmental risk factors for heat illness are present.

When the body is unable to cool itself by sweating, several heat induced illnesses such as heat stress or heat exhaustion or the more severe heat stroke can occur and result in serious injury or illness or even death. High temperature and humidity; direct sun or heat; limited air movement; physical exertion; poor physical condition; certain medications; and inadequate tolerances for hot workplaces are all factors which can lead to heat stress and heat related illness.

Temperature	Relative Humidity	Hazard Level
Less than 80 degrees F.	Less than 30%	Low Hazard
80 – 85 degrees F.	30-40%	Low - Cautionary
85 – 95 degrees F.	40-60%	Cautionary
95 – 100 degrees F.	60-70%	Danger

There are two main ways in which the body produces heat:

- *Metabolic Heat* – heat generated through digestion of food, work, and exercise
- *Environmental Heat* – heat from the surrounding environment (sun, hot room, etc.)

The body typically produces sweat through perspiration to keep itself cool. When the body is unable to cool itself **serious** heat illness may occur. The most severe heat induced illnesses are **heat exhaustion** and **heat stroke**. If actions are not taken to treat heat exhaustion, the illness can progress to heat stroke and possible **death**.

*(Note: **AMPCO Contracting, Inc.** can also use a pre-determined temperature, heat index graph or any other method deemed appropriate. Keep in mind the different environmental risk factors such as temperature, humidity, level of exertion, clothing or Personal Protective Equipment [PPE], and other sources of heat and individual risk factors or susceptibility for heat illness.)*

It should also be noted that most contractual job sites are within climate controlled indoor environments. However, all employees need to be aware of and follow specific procedures regarding heat illness prevention procedures which will be clarified in this section of the overall Safety Program.

DEFINITIONS

- The term “acclimatization” means 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 four to fourteen days of regular work for about two hours per day in the heat.

- “Environmental risk factors for heat illness” means working conditions that create the possibility that heat illness could occur, including air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personnel protective equipment worn by employees.

- The term “heat illness” means a serious medical condition resulting from the body’s inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope, and heat stroke.

- “Personal risk factors for heat illness” means 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.

- “Preventative recovery period” means a period to recover from the heat in order to prevent heat illness.

- The term “shade” means blockage of direct sunlight. Canopies, umbrellas, and other temporary structures or devices may be used to provide shade. 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 inside it, unless the car is running with air conditioning.

BASIC REQUIREMENTS

A. The following basic requirements apply to all employees while working where environmental risk factors for heat illness are present.

1. All employees shall be identified who are required to work where environmental factors for heat illness are present.

2. Training shall be provided for all potentially impacted employees working where environmental risk factors for heat illness are present and their Supervisors.

    a. Training information shall include the topics listed in the training section of this written program. All potentially impacted employees and Supervisors

who supervise these employees must be trained on the risks and prevention of heat illness, including how to recognize symptoms and respond when they appear.

3. Drinking water in the quantity of one (1) quart per hour shall always be available for each employee for the duration of the entire shift while working outdoors in the heat. Supervisors shall remind employees to drink frequently and this topic will be addressed at tailgate meetings.

4. Employees shall have access to a shaded area to prevent or recover from heat illness symptoms and where they can take their rest breaks. The importance of taking rest breaks and recognizing when a preventative recovery period is needed allowing employees to cool shall be addressed at tailgate meetings.

5. In the event an employee feels discomfort from the heat, a preventative recovery period is needed to allow the employee to cool down and prevent the onset of heat illness.

6. Supervisors and employees shall carry cell phones or other means of communication to ensure that emergency services can be called. Verification that the cell phones or other means of communication are functional at the work site shall be carried out prior to each shift.

PROCEDURES

Because **AMPCO Contracting, Inc.** employees perform various aspects of our work in both outdoor and indoor climate settings, we deem it important to establish basic, specific procedures regarding Heat Illness situations to ensure the health and safety of our employees should environmental circumstances arise which trigger their need. In this way, we offer the following provisions for the understanding of all employees:

Procedures to Consider for the Provision of Water (includes, but is not limited to, the following):

- Drinking water containers (of five to 10 gallons each) will be brought to the site, so that at least two quarts per employee are available at the start of the shift. All workers whether working individually or in smaller crews, will have access to drinking water. (Note: The general rule is to provide 1 quart of water (“fresh, pure, and adequately cool”) per employee, per hour, during the course of outdoor exposure.

- Paper cone rims or bags of disposable cups and the necessary cup dispensers will be made available to workers and will be kept clean until used.

- As part of the Effective Replenishment Procedures, the water level of all containers will be checked periodically (e.g. every hour, every 30 min), and more frequently when the temperature rises. Water containers will be refilled with cool water, when the water level within a container drops below 50 percent. Additional water containers (e.g. five-gallon bottles) will be carried, to replace water as needed.

- Water will be fresh, pure, and suitably cool and provided to employees free of charge. Supervisors will visually examine the water and pour some on their skin to ensure that the water is suitably cool. During hot weather, the water must be cooler than the ambient temperature but not so cool as to cause discomfort.

- Water containers will be located as close as practicable to the areas where employees are working (given the working conditions and layout of the worksite), to encourage the frequent drinking of water. If field terrain prevents the water from being placed as close as possible to the workers, bottled water or personal water containers will be made available, so that workers can have drinking water readily accessible.

- Since water containers are smaller than shade structures, they can be placed closer to employees than shade structures. Placing water only in designated shade areas or where toilet facilities are located is not sufficient. When employees are working across large areas, water will be placed in multiple locations. For example, on a multi-story construction site, water should be placed in a safely accessible location on every floor where employees are working.

- All water containers will be kept in sanitary condition. Water from non-approved or non-tested water sources (e.g., untested wells) is not acceptable. If hoses or connections are used, they must be governmentally approved for potable drinking water systems, as shown on the manufactures label.

- Daily, workers will be reminded of the location of the water coolers and of the importance of drinking water frequently. When the temperature exceeds or is expected to exceed 80 degrees Fahrenheit, brief ‘tailgate’ meetings will be held each morning to review with employees the importance of drinking water, the number and schedule of water and rest breaks and the signs and symptoms of heat illness.

- Audible devices (such as whistles or air horns) or other means of communication will be used to remind employees to drink water.

- When the temperature equals or exceeds 95 degrees Fahrenheit or during a heat wave, pre-shift meetings before the commencement of work to encourage employees to drink plenty of water and remind employees of their right to take a cool-down rest when necessary will be conducted. Additionally, the number of water breaks will be increased.

Supervisors/Forepersons will lead by example and workers will be reminded throughout the work shift to drink water.

- Individual water containers or bottled water provided to workers will be adequately identified to eliminate the possibility of drinking from a co-worker's container or bottle.

Procedures for Access to Shade (includes, but is not limited to, the following):

If work assignments require employees to work outdoors to complete tasks, the following may be consulted when necessary. Access to shade, a fresh environment, as well as fresh, pure, and appropriately cool water should always be available. If circumstances arise that require outdoor activity for an extended period of time, it will result in the following provisions:

- Shade structures will be opened and placed as close as practical to the workers, when the temperature equals or exceeds 80 degrees Fahrenheit. When the temperature is below 80 degrees Fahrenheit, access to shade will be provided promptly, when requested by an employee.
    - **Note**: The interior of a vehicle may not be used to provide shade unless the vehicle is air-conditioned, and the air conditioner is on.
- Enough shade structures will be available at the site, to accommodate all the employees who are on such a break at any point in time. During meal periods, there will be enough shade for all the employees who choose to remain in the general area of work or in areas designated for recovery and rest periods. (Employers may rotate employees in and out of meal periods, as with recovery and rest periods.)
- Daily, workers will be informed of the location of the shade structures and will be encouraged to take a five-minute cool-down rest in the shade. An employee who takes a preventative cool-down rest break will be monitored and asked if he/she is experiencing symptoms of heat illness and in no case will the employee be ordered back to work until signs or symptoms of heat illness have abated. (See also the section on Emergency Response for additional information.)
- Shade structures will be relocated to follow along with the crew and they will be placed as close as practical to the employees, so that access to shade is always provided. All employees on a recovery, rest break or meal period will have full access to shade so they can sit in a normal posture without having to be in physical contact with each other.
- In situations where trees or other vegetation are used to provide shade (such as in orchards), the thickness and shape of the shaded area will be evaluated, before assuming that sufficient shadow is being cast to protect employees.

- In situations where it is not safe or feasible to provide access to shade (e.g., during high winds), a note will be made of these unsafe or unfeasible conditions, and of the steps that will be taken to provide shade upon request.

- For non-agricultural employers, in situations where it is not safe or feasible to provide shade (mobile equipment and vehicle hazards, high winds, etc.), a note will be made of these unsafe or unfeasible conditions, and of the steps that will be taken to provide alternative cooling measures but with equivalent protection as shade.

Procedures for Monitoring the Weather (includes, but is not limited to, the following):

- The Supervisor will be trained and instructed to check in advance the extended weather forecast. Weather forecasts can be checked with the aid of the internet (http://www.nws.noaa.gov/), or by calling the National Weather Service phone numbers (see CA numbers below), by checking the Weather Channel TV Network, or through simple use of a weather app on a smartphone. The work schedule will be planned, taking into consideration whether high temperatures or a heat wave is expected. This type of advance planning should take place all summer long.

- The following are telephone numbers for access to the National Weather Service information:

Eureka 707-443-7062
Hanford 559-584-8047
Los Angeles 805-988-6610 (#1)
Sacramento 916-979-3051
San Diego 619-297-2107 (#1)
San Francisco 831-656-1725 (#1)

- Prior to each workday, the forecasted temperature and humidity for the worksite will be reviewed and will be compared against the National Weather Service Heat Index to evaluate the risk level for heat illness. Determination will be made of whether workers will be exposed at a temperature and humidity characterized as either “extreme caution” or “extreme danger” for heat illnesses. It is important to note that the temperature at which these warnings occur must be lowered as much as 15 degrees if the workers under consideration are in direct sunlight.

- Prior to each workday, the Supervisor will monitor the weather (using ttp://www.nws.noaa.gov/ or with the aid of a simple thermometer, available at most hardware stores) at the worksite. This critical weather information will be taken into consideration, to determine, when it will be necessary to make modifications to the work schedule (such as stopping work early, rescheduling the job, working at night or during the cooler hours of the day, increasing the number of water and rest breaks).

- A thermometer will be used at the jobsite to monitor for sudden increases in temperature, and to ensure that once the temperature exceeds 80 degrees Fahrenheit, shade structures will be opened and made available to the workers. In addition, when the

temperature equals or exceeds 95 degrees Fahrenheit, additional preventive measures such as the High Heat Procedures will be implemented.

Procedures for Handling a Heat Wave (includes, but is not limited to, the following):

For purposes of this section only, “heat wave” means any day in which the predicted high temperature for the day will be at least 80 degrees Fahrenheit **and** at least ten degrees Fahrenheit higher than the average high daily temperature in the preceding five days.

- During a heat wave or heat spike, the workday will be cut short or rescheduled (example conducted at night or during cooler hours).
- During a heat wave or heat spike, and before starting work, tailgate meetings will be held, to review the company heat illness prevention procedures, the weather forecast and emergency response. In addition, if schedule modifications are not possible, workers will be provided with an increased number of water and rest breaks and will be observed closely for signs and symptoms of heat illness.
- Each employee will be assigned a “buddy” to be on the lookout for signs and symptoms of heat illness and to ensure that emergency procedures are initiated when someone displays possible signs or symptoms of heat illness.

High Heat Procedures, but is not limited to, the following:

High Heat Procedures are additional preventive measures that this company will use when the temperature equals or exceeds 95 degrees Fahrenheit (includes, but is not limited to, the following):

- Effective communication by voice, direct observation (applicable for work crews of 20 or fewer), mandatory buddy system, or electronic means will be maintained, so that employees at the worksite can contact a Supervisor when necessary. If the Supervisor is unable to be near the workers (to observe them or communicate with them), then an electronic device, such as a cell phone or text messaging device, may be used for this purpose if reception in the area is reliable.
- Frequent communication will be maintained with employees working by themselves or in smaller groups (keep tabs on them via phone or two-way radio), to be on the lookout for possible symptoms of heat illness. The employee(s) will be contacted regularly and as frequently as possible throughout the day, since an employee in distress may not be able to summon help on his or her own.
- Effective communication and direct observation for alertness and/or signs and symptoms of heat illness will be conducted frequently. When the Supervisor is not available, a designated alternate responsible person must be assigned, to look for signs and symptoms of heat illness. If a Supervisor, designated observer, or any employee reports

any signs or symptoms of heat illness in any employee, the Supervisor or designated person will take immediate action commensurate with the severity of the illness (see Emergency Response Procedures).

- Employees will be reminded constantly throughout the work shift to drink plenty of water and take preventative cool-down rest break when needed.

In addition to the High Heat Procedures listed above, the following High Heat Procedures apply only to agricultural work sites.

- When the temperature equals or exceeds 95 degrees, employees will be provided one 10 minute "preventative cool-down rest period" every 2 hours. (During the first 8 hours of a shift, the cool-down periods may be provided at the same time as the rest periods already required by Industrial Welfare Commission Order No. 14.)

- Employees working longer than 8 hours will be provided an additional 10-minute cool-down rest period every 2 hours. (For example, if the shift extends beyond 8 hours, an additional rest period is required at the end of the 8th hour of work. If the shift extends beyond 10 hours, another is required and the end of the 10th hour, and so on.)

- All employees will be required to take the cool-down rest periods and merely offering the opportunity for a break is not enough.

- Once the temperature equals or exceeds 95 degrees, records will be kept documenting the fact that mandatory cool-down rest periods are provided and taken.

Procedures for Acclimatization (includes, but is not limited to, the following):

Acclimatization is the temporary and gradual physiological change in the body that occurs when the environmentally induced heat load to which the body is accustomed is significantly and suddenly exceeded by sudden environmental changes. In more common terms, the body needs time to adapt when temperatures rise suddenly, and an employee risks heat illness by not taking it easy when a heat wave strikes or when starting a new job that exposes the employee to heat to which the employee's body hasn't yet adjusted.

Inadequate acclimatization can be significantly more perilous in conditions of high heat and physical stress. Employers are responsible for the working conditions of their employees, and they must act effectively when conditions result in sudden exposure to heat their employees are not used to.

- The weather will be monitored daily. The Supervisor will be on the lookout for sudden heat wave(s) or increases in temperatures to which employees haven't been exposed to for several weeks or longer.

- **During a heat wave or heat spike, the workday will be cut short (example 12 p.m.), will be rescheduled (i.e., conducted at night or during cooler hours) depending on local ordinances or if possible, cease for the day.**

- New employees or those employees who have been newly assigned to a high heat area will be closely observed by the Supervisor or designee for the first 14 days. The intensity of the work will be lessened during a two-week break-in period (such as scheduling slower paced, less physically demanding work during the hot parts of the day and the heaviest work activities during the cooler parts of the day (early- morning or evening). Steps taken to lessen the intensity of the workload for new employees' will be documented.

- The Supervisor or the designee will be extra-vigilant with new employees and stay alert to the presence of heat related symptoms.

- New employees will be assigned a "buddy" or experienced coworker to watch each other closely for discomfort or symptoms of heat illness.

- During a heat wave, all employees will be observed closely (or maintain frequent communication via phone or radio), to be on the lookout for possible symptoms of heat illness.

- Employees and Supervisors will be trained on the importance of acclimatization, how it is developed and how these company procedures address it.

Procedures for Emergency Response (includes, but is not limited to, the following):

- Prior to assigning a crew to a particular worksite, workers and the foreperson will be provided a map of the site, along with clear and precise directions (such as streets or road names, distinguishing features and distances to major roads), to avoid a delay of emergency medical services.

- Prior to assigning a crew to a particular worksite, efforts will be made to ensure that a qualified and appropriately trained and equipped person is available at the site to render first aid if necessary.

- Prior to the start of the shift, a determination will be made of whether or not a language barrier is present at the site and steps will be taken (such as assigning the responsibility to call emergency medical services to the foreperson or an English speaking worker) to ensure that Emergency Medical Services (EMS) can be immediately called in the event of an emergency.

- All Foreman and Supervisors will carry cell phones or other means of communication, to ensure that emergency medical services can be called. Checks will be made to ensure that these electronic devices are functional prior to each shift.

- When an employee is showing symptoms of possible heat illness, steps will be taken immediately to keep the stricken employee cool and comfortable once emergency service responders have been called to reduce the progression to more serious illness).

- Under no circumstances will the affected employee be left unattended or allowed to drive themselves to the hospital, clinic or home.

- At remote locations such as rural farms, lots or undeveloped areas, the Supervisor will designate an employee or employees to physically go to the nearest road or highway where emergency responders can see them. If daylight is diminished, the designated employee(s) shall be given reflective vest or flashlights in order to direct emergency personnel to the location of the worksite, which may not be visible from the road or highway.

- During a heat wave or hot temperatures, workers will be reminded and encouraged to immediately report to their Supervisor any signs or symptoms they are experiencing.

- Employees and Supervisors training will include every detail of these written emergency procedures.

Procedures for Handling a Sick Employee (includes, but is not limited to, the following):

- **When an employee displays possible signs or symptoms of heat illness, a trained first aid worker or Supervisor will check the sick employee and determine whether resting in the shade and drinking cool water will suffice or if emergency service providers will need to be called.** A sick worker will not be left alone in the shade, as he or she can take a turn for the worse**!**

- When an employee displays possible signs or symptoms of heat illness and no trained first aid worker or Supervisor is available at the site, emergency service providers will be called.

- **Emergency service providers will be called immediately if an employee displays signs or symptoms of heat illness (e.g., decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior, incoherent speech, convulsions, red and hot face), does not look OK or does not get better after drinking cool water and resting in the shade. While the ambulance is en route, first aid will be initiated (Cool the worker: place the worker in the shade, remove excess layers of clothing, place ice pack in the armpits and groin area and fan the victim).** Do not let a sick worker leave the site, as they can get lost or die before reaching a hospital!

- If an employee does not look OK and displays signs or symptoms of severe heat illness (e.g., decreased level of consciousness, staggering, vomiting, disorientation, irrational

behavior, incoherent speech, convulsions, red and hot face), and the worksite is located more than 20 minutes away from a hospital, call emergency service providers, communicate the signs and symptoms of the victim and request Air Ambulance.

Procedures for Employee and Supervisory Training (includes, but is not limited to, the following):

To be effective, training must be understood by employees and given in a language the employees understand. All employers must maintain records of the training showing the date of training, who performed the training, who attended training and subject(s) covered.

- Supervisors will be trained prior to being assigned to supervise other workers. Training will include AMPCO Contracting, Inc. written procedures and the steps Supervisors will follow when employees' exhibit symptoms consistent with heat illness.

- Supervisors will be trained on their responsibility to provide water, shade, cool-down rests, and access to first aid as well as the employees' right to exercise their rights under this standard without retaliation.

- Supervisors will be trained in appropriate first aid and/or emergency responses to different types of heat illness, and in addition, that heat illness may progress quickly from mild symptoms and signs to serious and life-threatening illness.

- Supervisors will be trained on how to track the weather at the job site (by monitoring predicted temperature highs and periodically using a thermometer). Supervisors will be instructed on how weather information will be used to modify work schedules, to increase number of water and rest breaks, or to cease work early if necessary.

- All employees and Supervisors will be trained prior to working outside. Training will include all aspects of implementing an effective Heat Illness Prevention Plan; providing sufficient water, providing access to shade, high-heat procedures, emergency response procedures and acclimatization contained in the company's written prevention procedures.

- Employees will be trained on the steps that will be followed for contacting emergency medical services, including how they are to proceed when there are non-English speaking workers, how clear and precise directions to the site will be provided, and the importance of making visual contact with emergency responders at the nearest road or landmark to direct them to their worksite.

- When the temperature is expected to exceed 80 degrees Fahrenheit, short 'tailgate' meetings will be held to review the weather report, to reinforce heat illness prevention with all workers, to provide reminders to drink water frequently, to inform them that shade can be made available upon request, and to remind them to be on the lookout for signs and symptoms of heat illness.

- New employees will be assigned a “buddy” or experienced coworker to ensure that they understand the training and follow company procedures.

A. Levels of Training

Training shall be provided for employees working on job tasks where environmental risk factors for heat illness are present, and training for their respective Supervisors.

B. Supervisors of Affected Employees

Supervisors or their designees shall receive training on the following topics prior to being assigned to supervise outdoor employees:

1. Information as detailed above in employee training requirements.
2. Procedures the Supervisor shall follow to implement the provisions of this program.
3. Procedures the Supervisor shall follow when an employee exhibits symptom consistent with possible heat illness, including emergency response procedures.

C. Employees

All employees working on job tasks where environmental risk factors for heat illness are present shall receive instruction before being assigned to work tasks. Training topics shall include the following:

1. Environmental and personal risk factors for heat illness.
2. Procedures for identifying, evaluating, and controlling exposures to the environmental and personal risk factors for heat illness.
3. Employees who experience excessive sweating require frequent consumption of small quantities of water, up to 4 cups per hour when working in extreme conditions of heat.
4. Importance of acclimatization.
5. Different types, signs, and symptoms of heat illness.
6. Importance of immediately reporting symptoms or signs of heat illness in themselves or in coworkers to their Supervisor.
7. Procedures for responding to symptoms of possible heat illness, including how emergency medical services will be contacted and provided, should they become necessary.

Program Audits

A. RESPONSIBILITY

Supervisors and the Project Manager shall perform audits of the Heat Illness Prevention Program.

B. FREQUENCY

Audits of the Heat Illness Prevention Program shall be performed annually.

C. CONTENTS

1. The audit shall review the program to ensure that heat illness prevention procedures are in place and are being properly followed.

2. The audit process and findings shall be documented.

Records

All training, audit, and other records prepared in association with the Heat Illness Prevention Program shall be managed in accordance with the requirements of the AMPCO Contracting, Inc. Injury and Illness Prevention Program.

First aid awareness and actions in the event of a heat related illness:

The following chart helps employees recognize the main types of heat related illnesses, symptoms, and the appropriate treatment to reduce the effects of the heat related illness.

Condition	Symptoms	Treatment
Heat rash	• Skin irritation • Red clusters of pimples or small blisters	• Rest frequently in cool areas. • Bathe regularly. • Keep affected area dry.
Sunburn	• Painful, red skin	• Avoid repeated sun exposure. • Bathe in cool water. • Apply cold compresses. • Apply moisturizing lotion. • Get medical help if fever, blisters or severe pain develops.
Heat cramps	• Muscle spasms in arms, legs or abdomen	• Move person to a cooler location. • Stretch muscles for cramps. • Give cool water or electrolyte – containing fluid to drink. • Seek medical attention if cramps don't subside in an hour.
Heat exhaustion	• Headaches • Clumsiness • Dizziness / lightheadedness / fainting • Weakness / exhaustion • Heavy sweating / clammy / moist skin • Irritability / confusion • Nausea / vomiting • Paleness • Fast pulse • Shallow breathing	• Move person to a cooler place (do not leave alone). • Loosen and remove heavy clothing that restricts evaporative cooling. • If conscious, provide small amounts of cool water to drink. • Fan person, spray with cool water, or apply a wet cloth to skin to increase evaporative cooling. • Call 911 if not feeling better within a few minutes.
Heat stroke	• Sweating may or may not be present • Red or flushed, hot, dry skin • Bizarre behavior • Mental confusion or loss of consciousness • Panting / rapid breathing • Rapid, weak pulse • Seizures or fits • Unconsciousness	• Call 911 • Move person to a cooler place (do not leave alone). • Cool worker rapidly. • Loosen and remove heavy clothing that restricts evaporative cooling. • Fan person, spray with cool water, or apply a wet cloth to skin to increase evaporative cooling.