

keep  safe



APPENDIX HEAT ILLNESS PREVENTION PROGRAM

**MEEK'S, HOMEWOOD and
BETTER BUILT TRUSS LOCATIONS**

APPENDIX A – HEAT DISORDERS

	Symptoms	Signs	Causes
Heat Stroke	Chills Restlessness Irritability	Body temp=104°F Skin is dry & hot to touch, & may have red spots <u>Victim may:</u> Be confused Disoriented Collapse/faint Shiver Become unconscious Go into convulsions	Excessive exposure or subnormal tolerance to the heat causing a breakdown in body's ability to sweat. Drug or alcohol abuse will worsen this condition.
Heat Exhaustion	Fatigue Weakness Blurred vision Dizziness Headache	High pulse rate Profuse sweating Low blood pressure Stumbling Pale or flustered face Collapse Normal to slightly increased body temp	This illness is a result of dehydration caused by sweating, diarrhea or vomiting. Those who are in poor physical shape & have difficulty adjusting to high temps are at high risk.
Dehydration	Dry mouth Fatigue/weakness	Loss of work capacity Longer response time	Excessive fluid loss caused by sweating, illness or alcohol consumption
Heat Cramps	Painful muscle cramps (especially in abdomen or fatigued muscles)	Incapacitating pain (usually in stomach, arm or leg muscles)	Electrolyte imbalance caused by prolonged sweating without adequate fluid & salt intake
Heat Rash	Itching skin Reduced sweating	Skin rash Usually red itchy bumps	Prolonged, uninterrupted sweating or poor hygiene habits

	First Aid	Prevention
Heat Stroke	<p><i>Heat Stroke can be deadly!!</i></p> <p>Immediate, aggressive cooling (place in a cool shower, etc.)</p> <p>Seek medical attention immediately Call 911</p> <p>This victim MUST seek medical attention ASAP!!!</p>	<p>Awareness of heat stress exposure & careful physical adjustment to the hot weather</p> <p>Eat healthy</p> <p>Take breaks</p> <p>Avoid dehydration by drinking water</p>
Heat Exhaustion	<p>Lie down flat on back in cool environment.</p> <p>Drink water.</p> <p>Loosen clothing.</p>	<p>Drink water or other fluids frequently.</p> <p>Add salt to food (in moderation)</p> <p>Physical adjustment to heat</p>
Dehydration	<p>Replacement of fluids & salt</p>	<p>Drink water or other fluids (like Gatorade®) frequently BEFORE you feel thirsty.</p> <p><i>Avoid caffeine & alcoholic beverages.</i></p>
Heat Cramps	<p>Rest in cool area.</p> <p>Drink water & electrolyte replacement drinks (Gatorade® or Squencher®).</p> <p>Massage muscles.</p>	<p>If hard physical work is part of the job, force yourself to drink water, etc.</p> <p>Take breaks when possible.</p>
Heat Rash	<p>Keep skin clean & dry.</p>	<p>Keep skin clean & periodically allow the skin to dry.</p>

APPENDIX B – ACTION TIMES (AT)

TEMP (°F) (AWBT)	Work Demand		
	Low	Moderate	Heavy
80 (95)	NL	NL	NL
82 (96)	NL	NL	3 hrs. 30 min.
84 (97)	NL	4 hrs.	2 hrs. 30 min.
86 (98)	NL	2 hrs. 40 min.	1 hr. 45 min.
88 (99)	NL	2 hrs.	1 hr. 10 min.
90 (100)	NL	1 hr. 30 min.	50 min.
92 (101)	3 hrs. 30 min.	1 hr. 15 min.	45 min.
94 (102)	3 hrs.	50 min.	35 min.
96 (103)	2 hr. 30 min.	45 min.	30 min.
98 (104)	2 hrs.	40 min.	25 min.
100 (105)	1 hr. 30 min	35 min.	20 min.
102 (106)	1 hr 20 min	35 min.	15 min.
104 (107)	1 hr.	30 min.	15 min.
106 (108)	50 min.	25 min.	15 min.
108 (109)	40 min.	20 min.	15 min.
110 (110)	30 min.	20 min.	15 min.
112 (112)	25 min.	15 min.	15 min.
114 (114)	20 min.	15 min.	15 min.
116 (116)	20 min.	15 min.	15 min.
118 (118)	20 min.	15 min.	15 min.
120 (120)	15 min.	15 min.	15 min.
121 & Above	<i>Work not allowed</i>		

NL – No Limit

Example:

Moderate Work

Clothing Ensemble: CC

Adjustment Factor (AF): 4°F

WBT:89°

$$AWBT = WBT + AF = 89^{\circ}F + 4^{\circ}F = \underline{93^{\circ}F}$$

- Locate ABWT in first column and find Action Time under moderate work demand.
- The Action Time falls between 50 minutes and 1 hr. 15 min. or approximately 1 hour.