



# OUTDOOR HEAT EXPOSURE AWARENESS TRAINING

When the outside temperatures reach the level indicated on the table below you must take action to protect yourself and those working for you. These requirements apply to persons working outdoors from May 1 through September 30. Training must be completed prior to May 1, or prior to being assigned outdoor tasks if hired after May 1 and before September 30 when workers are exposed to outdoor heat at or above the applicable temperatures listed below.

- Non-breathing clothes including vapor barrier clothing or Personal Protective Equipment (PPE), such as chemical resistant suits ..... 52°
- Double layer woven clothes, to include coveralls, jackets, and sweatshirts ..... 77°
- All other clothing ..... 89°

### It's your responsibility to:

- Monitor personal factors for heat-related illnesses.
- Drink water frequently - at least one quart per hour.
- Immediately report signs or symptoms of heat related illnesses in yourself or co-workers.

### Factors that contribute to the risk of heat related illness:

- **Environmental factors:** Direct sun, heat, humidity, limited air movement, hot equipment, reflective surfaces.
- **Physical exertion:** Type of work, how hard are you working, how long you are working.
- **Clothing and equipment:** Heavy clothing, multiple layers, color of clothing, PPE.
- **Personal factors:** Age, weight, physical fitness, degree of acclimatization, use of caffeine, medication, and medical condition.

### Helpful tips and actions to prevent heat related illness:

Start your day early and end early when possible, schedule strenuous work during the coolest part of the day, increase breaks, take breaks in cooler shaded areas, remove PPE and heat retaining excess clothing during breaks, alternate heavy work with light work when possible, have a **“Buddy System”**, and work in the shade when possible.

- **Keep hydrated:** Drink small quantities of water throughout the day. One quart of water or more over the course of one hour is recommended. Supervisors and **“Buddies”** must encourage water consumption. Start your work day well hydrated.
- **Avoid:** Sugary or caffeinated drinks
- **Acclimatization:** In severe heat gradually build up exposure time especially if work is strenuous.

### Signs, Symptoms, and Response

- **Heat rash:** Skin rash. Rest in a cool place part of each day. Regularly bath and dry the skin.

- **Heat cramps:** Symptoms include severe cramps in legs and abdomen, fainting or dizziness, weakness, profuse sweating, and headaches. Respond by increasing fluid intake, resting, moving to a cool place, and getting medical attention if cramps persist.
- **Heat exhaustion:** Symptoms include headache, nausea, fatigue, dizziness, skin is cool and pale, and pupils become dilated. The individual is usually conscious but may faint. Respond by taking more aggressive steps to cool the body (e.g., apply cool water to the skin, fan the individual).
- **Heat stroke:** A **medical emergency** and is life threatening. Symptoms include headache, nausea, dizziness, skin is red, dry, and very hot, and sweating has stopped. Symptoms also include a strong, rapid pulse, small pupils, and a high fever. Individual may be disoriented, lose consciousness, and experience possible convulsions.

**Call Emergency Response** and get the individual to a shady area, loosen clothing, apply cool or tepid water to the skin (e.g., spray with cool water from a garden hose), fan the individual, place ice pack under armpits and groin. Do not give medication to lower fever.

**Emergency Response:**

- **Prisons:** Activate emergency response by calling Main Control by radio or phone.
- **Community:** Call 911. Prison personnel working in the community must also contact the Shift Commander.

I have been briefed on, read, and understand this information.

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Name	Signature	DOC number	Date
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