

13.24 | Weather MEETING DOCUMENTATION

MEETING DATE:

TIME / SHIFT:

LOCATION:

CONDUCTED BY:

ATTENDEES:

SAFETY REMINDER

Be aware that fatigue, mild sickness, and some medications may temporarily increase your susceptibility to heat-related illnesses.

Working in the Heat

When you are exposed to extreme heat at work you could get a heat-related illness like a rash, heat cramps, heat exhaustion, or heat stroke. Working in extreme heat can also increase your risk of other injuries because the heat can cause sweaty palms and fogged-up safety glasses. Heat exhaustion and heat stroke can also cause dizziness and can impair your ability to think clearly and quickly. If you work in hot areas you need to understand how the heat affects your body, and how engineering controls, administrative controls and PPE can help you deal with the heat, keep cool, and stay safe.

Engineering Controls:

- Reduce the physical demands of the work. Use powered assistance for heavy tasks. Use dollies or hand trucks to move materials.
- Block the heat. Use furnace wall insulation, metallic reflecting screens, heat reflective clothing, and be sure to cover exposed parts of your body.
- If the air temperature is above 95°F, turn up air conditioning and turn off fans until the temperature drops.
- If the air temperature is below 95°F, cool off with fans and wear cool clothing.
- Control steam leaks and increase the general ventilation in the plant.

Administrative Controls:

- Increase the time you spend in a hot environment gradually. For instance, if you are new to working in a hot environment, start by spending only about 20% of your day in the heat. Don't increase your time in the hot environment by more than 20% per day.
- Shorter, more frequent exposures to hot environments are better than longer, less frequent exposures.
- Schedule very hot jobs in cooler parts of the day when possible.
- Drink water at frequent intervals to prevent dehydration. Take regular breaks to rest and recover in a cool or air-conditioned space.

Personal Protective Equipment:

- Wear a liquid-cooled vest when needed.
- Wear reflective clothing or aprons when working near hot equipment.

Make sure that you stop work, get to a cool place, drink water, and rest before you get sick. Keep an eye on your co-workers and help each other avoid heat-related illnesses.

Notes
