

**J.A. Rosa Construction, LLC
HEAT ILLNESS PREVENTION PROGRAM**

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1.0 General

Heat stress occurs when the body cannot cool itself by sweating and it can lead to heat exhaustion and heatstroke.

Factors that can increase the risk when working in heat include:

- The strenuousness of the task.
- Inadequate hydration
- Humidity level.
- Personal risk factors, including physical fitness, diabetes, high blood pressure, and heart disease.

These procedures provide the minimal steps applicable to most outdoor work situations and are essential to reducing the incidence of heat related illnesses. In working environments with a higher risk for heat illnesses (e.g., during a heat wave, or with severe working or environmental conditions), it is JA Rosa's duty to exercise even greater caution and additional protective measures beyond what is listed in this document, as needed to protect employees. Additional protective measures include:

1. Increased employer vigilance for frequent water consumption and symptoms of heat illness for non-acclimatized employees or during the first 2 weeks on job and for all employees during heat waves or prolonged high heat stress conditions.
2. Graduated work schedule and greater opportunities for cooled work breaks for first 2 weeks on job.

1.1 Water

Water is a key to minimizing the risk of heat-related illness.

1. The Supervisor will bring (or arrange for) at least 2 quarts per employee per day at the start of the shift. JA Rosa will have a supply of water on the premises in 5-gallon water containers and will be replenished as needed at the discretion of the Jobsite Foreman.
2. Water containers will be placed close to or, where acceptable, in the immediate work area. Containers should be identified to specific worker.
3. The Supervisor will remind employees to drink water prior to starting their shift and give reminders throughout the shift to drink water.
4. The Supervisor will hold tailgate meetings in the morning to remind workers about the importance of frequent water consumption.

1.2 Access To Shade

Access to rest and shade are important preventive steps to minimize the risk of heat related illness.

1. Employees will have access to the office or construction trailer, or other building with air conditioning.
2. Vehicles with air conditioning are also acceptable for the purpose of providing shade.

1.3 Access To A Preventative Recovery Period

Every morning there will be a short meeting to remind workers about the importance of rest breaks and the location of shade.

1.4 Heat Exhaustion vs. Heat Stroke

Heat exhaustion, heat syncope, heat fatigue, and heat cramps are all signs of hyperthermia. If not treated immediately, these symptoms will rapidly escalate into heat stroke and then death.

Heat stroke is the most severe form of heat illness, with primary symptoms that include confusion, altered mental status and an extremely high core body temperature above 104 degrees Fahrenheit (40 degrees Celsius).

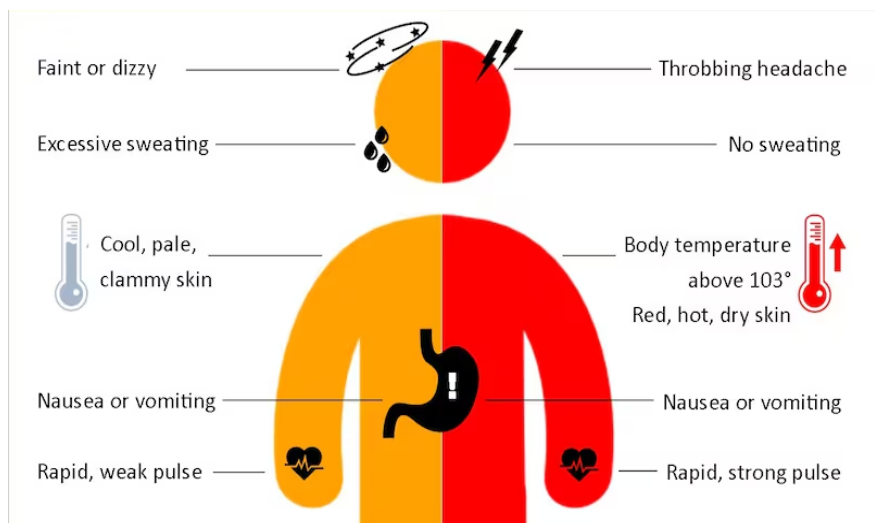
Signs include:

Heat stroke:

- Dry, hot skin with no sweating
- Mental confusion, behavior, slurred speech, or loss of consciousness.
- Seizures or convulsions.
- May be fatal.

Heat Exhaustion

- Weakness
- Dizziness
- Nausea
- Headache
- Heavy sweating
- Clammy or moist skin
- Mood changes, irritability.



Heat exhaustion is less dangerous, but can present muscle cramps, headaches, dizziness, weakness, fatigue, nausea, and vomiting.

Heat exhaustion occurs when the body loses too much water and salt

1.5 Procedure for Responding to Heat Illness

- Lay the worker down on his or her back in a cool area
- Call for medical help
- Remove excessive layers of clothing
- Give a sports drink or water – do not give anything to drink if the worker vomits
- Cool the worker with a cool water spray or wet cloths and a fan

Procedures for contacting emergency medical services are posted at the jobsite. Clear and precise directions to the work site can and will be provided as needed to emergency responders. If necessary, employees will be transported to a point where an emergency medical service provider can reach them.

1.6 Training On Heat Related Illness

Training is critical to know how to respond to heat related illness and to assist with obtaining emergency assistance without delay.

1. All employees will receive heat illness prevention training prior to working outdoors, particularly newly hired employees.
2. Supervisors will be trained prior to being assigned to supervise outdoor workers.
3. Training will be provided in a language and method that is understood by the employee.
4. On hot days, and during a heat wave, supervisors will hold short meetings to review this essential information with workers.
5. All newly hired workers will be assigned a buddy or experienced coworker to ensure that they understand the training and follow the company procedures.
6. Refresher training will be provided as needed or when it is observed that employees are not following company procedures or are not drinking sufficient water.