



Lead, Serve, Support

May 7, 2018

SUMMER IS JUST AROUND THE CORNER! ARE YOU AND YOUR STAFF PREPARED TO SURVIVE THE HEAT?

WAC 296-62-095, also known as Washington’s Outdoor Heat Exposure Rule, runs from May 1 to September 30 every year when outdoor exposures reach specific temperatures.

REMEMBER H-E-A-T TO SURVIVE THE HEAT

HYDRATION -

- ⇒ Start the day well hydrated.
- ⇒ Drink a cup (8 ounces) of water every 15 minutes while working outdoors or in a hot environment, even if you are not thirsty.



EDUCATION -

- ⇒ Training is required annually for those employees assigned to work outdoors in hot weather such as maintenance/grounds crews, athletic coaches, para-educators, etc., so they understand what heat stress is, how it affects one’s health and safety, as well as strategies to prevent heat-related illnesses.
- ⇒ Safeschools has a 15 minute course on “Heat Illness”. *Why not log in and take the course today?*
- ⇒ Check weather forecasts regularly. Heat rule outdoor temperature action levels apply when temperatures reach:

- 52° F When wearing non-breathable clothing, including vapor barrier clothing or PPE such as chemical resistant suits
- 77° F When wearing double-layer woven clothing such as coveralls, jackets, and sweatshirts
- 89° F When wearing all other clothing

ADJUST WORK PRACTICES TO ALLOW YOUR BODY TIME TO ACCLIMATE TO THE HEAT -

- ⇒ Wear light-colored clothing, a wide-brimmed hat, and sunscreen.
- ⇒ Take rest breaks in the shade.
- ⇒ Perform heavy tasks during cooler parts of the day and rotate physically demanding jobs with less strenuous tasks whenever possible.
- ⇒ If you aren’t used to working outdoors, gradually increase time spent outdoors over 5-7 days.

TEAMWORK -

- ⇒ Use the buddy system when working outdoors in warm weather.
- ⇒ Keep an eye on others working or playing nearby and be prepared to act fast!

Download the OSHA/NIOSH Heat Safety Tool App to Your Smart Phone

- ⇒ The OSHA/NIOSH Heat Safety Tool App is a *free* safety application designed to help workers and supervisors monitor the heat index risk level.
- ⇒ It contains reminders including:
 - Heat-illness prevention tips; and
 - Signs, symptoms, and recommended first aid treatment for heat-related illnesses.
- ⇒ Can be downloaded from either the Apple App or the Google Play Store.



SAFETY MATTERS