HEAT ILLNESS PREVENTION

SYMPTOMS OF HEAT ILLNESS

Recognize vital signs of heat-induced illnesses that can cause heat stress, heat exhaustion or heat stroke.

Symptoms of Heat Exhaustion

- · Headaches, dizziness, lightheadedness or fainting
- Weakness and moist skin
- Mood changes such as irritability or confusion
- Upset stomach or vomiting

WATER

Water Provisions | McCarthy will provide employees with sufficient amounts of water in the form of the following: A water location should include methods to distribute water such as a water-filled sanitary container with sealed and disposable water cups or disposable water bottles and a trash receptacle.

HIGH HEAT

High Heat Procedures — Above 95°F Heat Index | When project site temperatures equal or exceed 95 degrees Fahrenheit heat index, the following controls methods should be considered for implementation by Project Supervision:

- Adjustment of work schedules
- Rotation of craft employees
- Increase the amount or frequency of break/cool-down periods
- Adequate communication with direct supervision
- · Review high heat procedures in Task Hazard Analysis meetings
- Review emergency response plans
- Review heat exposure with PPE, hot work activities or strenuous activities
- Increase ventilation in work areas
- · Provide personal cooling devices

SHADE & REST

Access to Shade/Cooling Stations | McCarthy shall provide and/or designate area(s) to accommodate employees. Shade provisions will be available on the project site. The shade should be located as close to the work area(s) as practical. Access to shade areas shall be unobstructed. Break trailers and project offices can be used for shade stations and all preventative cool-down rest and recovery periods.

Symptoms of Heat Stroke

• Seizures or convulsions

• Dry, hot skin with no sweating

• Mental confusion or losing consciousness

TRAINING

Training Requirements | McCarthy employees who are potentially exposed to heat stress-inducing conditions must receive training to include the following topics:

- Physiological aspects of heat stress
- Causes of heat-related illness
- Symptoms of heat stress
- Importance of fluid intake
- Personal consumption of alcohol, caffeinated products, prescription medications, or eating habits and how they can effect heat illness
- · Work/rest periods
- · Control methods

HEAT INDEX CHART Use this urine color chart to determine if you are drinking **HYDRATION** enough fluids throughout the day. **TEMPERATURE (°F)** 80 82 84 86 88 90 92 94 96 98 100 102 104 106 108 110 91 94 97 101 105 109 114 119 124 130 136 80 81 83 85 88 40 1 80 82 84 87 89 93 96 100 104 109 114 119 124 130 137 45 1 to 3: 2 Hydrated 81 83 85 88 91 95 99 103 108 113 118 124 131 137 50

	55	81	84	86	89	93	97	101	106	112	117	124	130 137			3		
(%)	60	82	84	88	91	95	100	105	110	116	123	129	137					
HUMIDITY	65	82	85	89	93	98	103	108	114	121	128	136				4		
RELATIVE HUM	70	83	86	90	95	100	105	112	119	126	134						4 to 6: Mildly Dehydrated	
	75	84	88	92	97	103	109	116	124	132				5				
	80	84	89	94	100	106	113	121	129	29						6	your fluids	
	85	85	90	96	102	110	117	126	135									
	90	86	91	98	105	113	122	131	31							7	7 or 8: Dehydrated Drink more fluid	
	95	86	93	100	108	117	127											
	100	87	95	103	112	121	132	132								8		



This is ideal