

Panama-Buena Vista Union School District Hot Weather Guidance for Employees/Staff

[National Weather Service Heat Risk Map](#)

Heat Risk Level	Hot Weather Operations/Guidance
Green (Little to None)	No elevated risk. • Great day to be outside!
Yellow (Minor)	Heat is tolerated by most however, there is a low risk for sensitive groups to experience health effects. • Stay Hydrated - Drink Water • Good day to be active outside!
Orange (Moderate)	Moderate risk for members of heat sensitive groups to experience health effects. • Stay Hydrated - Drink Water Often (about 4 cups/hour) - Limit caffeine consumption • Take Frequent Breaks in Cool Shaded Areas • Acclimatize • Use the Buddy System • Supervisors Watch Workers for Signs of Heat-Related Illness
Red (Major)	High risk for much of the population who are exposed to the sun and active outdoors, or are in a heat sensitive group. This index is dangerous to <i>anyone</i> without proper hydration or adequate cooling. • Stay Hydrated - Drink Plenty of Water (about 4 cups/hour) - Limit caffeine consumption • Alert Workers of High Risk Conditions • Limit Physical Exertion (e.g. use mechanical lifts) • Adjust Work Activities (e.g., reschedule work, pace/rotate jobs) • Use Cooling Techniques • Watch/communicate with Workers at all Times
Magenta (Extreme)	Very high risk for the entire population. Very dangerous to anyone without proper hydration or adequate cooling. Prolonged periods of heat are dangerous for everyone not prepared. • Reschedule Non-essential Activity to a Time of Lower Heat Index • Move Essential Work Tasks to the Coolest Part of the Work Shift • Consider Earlier Start Times • No outdoor activity. Move all activities indoors. Stay Hydrated! - Limit caffeine consumption

NWS Heat Index

Temperature (° F)

Relative Humidity (%)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128	130
5	77	79	80	81	83	84	86	87	89	91	93	94	96	98	100	101	104	105	107	108	110	111	113	114	116	117
10	78	79	81	82	84	85	87	89	90	92	94	96	98	100	102	104	107	109	111	113	116	118	120	123	125	128
15	78	80	81	83	84	86	88	90	92	94	96	98	100	103	105	108	111	113	116	119	122	125	129	132	135	
20	79	80	81	83	85	86	88	90	93	95	97	100	103	106	109	112	115	119	122	126	130	134				
25	79	80	82	83	85	87	89	91	94	97	100	103	106	109	113	117	121	125	129	134						
30	79	80	82	84	86	88	90	93	96	99	102	106	110	114	118	122	127	132	137							
35	80	81	83	85	87	89	92	95	98	102	106	110	114	119	123	129	134									
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136										
45	80	82	84	87	89	92	96	100	104	109	114	119	124	130	137											
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137												
55	81	84	86	89	93	97	101	106	112	117	124	130	137													
60	82	84	88	91	95	100	105	110	116	123	129	137														
65	82	85	89	93	98	103	108	114	121	128	136															
70	83	86	90	95	100	106	112	119	126	134																
75	84	88	92	97	103	109	116	124	132																	
80	84	89	94	100	106	113	121	129																		
85	85	90	96	102	110	117	126	135																		
90	86	92	98	105	113	122	131																			
95	88	94	101	109	117	127	137																			
100	89	96	104	112	121	132																				

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity



Caution



Extreme Caution



Danger



Extreme Danger



**WATER.
REST.
SHADE.**

The work can't get done without them.



**Occupational Safety
and Health Administration**
www.osha.gov

1-800-321-OSHA (6742) TTY 1-877-889-5627



**AGUA.
SOMBRA.
DESCANSOS.**

Sin ellos no se puede trabajar.



**Administración de Seguridad
Seguridad y Salud Ocupacional
Departamento del Trabajo de EE.UU.**
www.osha.gov

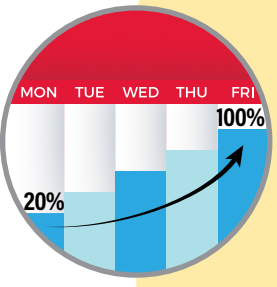
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Prevent Heat Illness at Work

Outdoor and **indoor** heat exposure can be dangerous.

Ways to Protect Yourself and Others



Ease into Work

Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.

- ✓ **New** and **returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

1 » **CALL 911 IMMEDIATELY**

2 » **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**

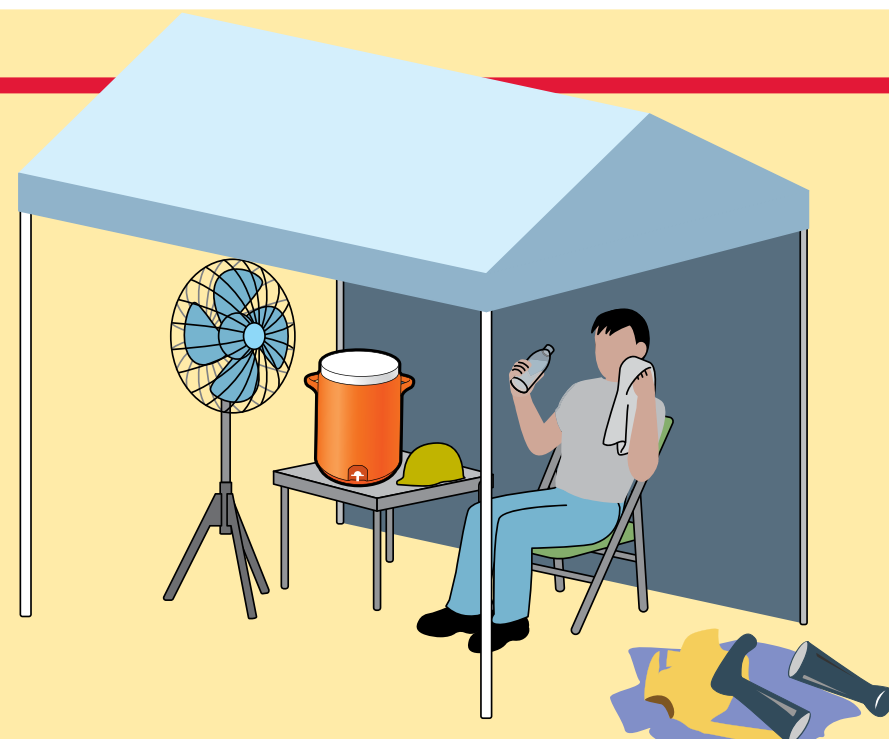
3 » **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

Headache or nausea
Weakness or dizziness
Heavy sweating or hot, dry skin
Elevated body temperature
Thirst
Decreased urine output



Take these actions:

- » Give water to drink
- » Remove unnecessary clothing
- » Move to a cooler area
- » Cool with water, ice, or a fan
- » Do not leave alone
- » Seek medical care if needed



**Occupational
Safety and Health
Administration**

For more information: 1-800-321-OSHA (6742)

TTY 1-877-889-5627 www.osha.gov/heat

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See <https://www.osha.gov/workers> for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA[®] FactSheet

Protecting Workers from the Effects of Heat

At times, workers may be required to work in hot environments for long periods. When the human body is unable to maintain a normal temperature, heat illnesses can occur and may result in death. It is also important to consider that hot work environments may exist indoors. This fact sheet provides information to employers on measures they should take to prevent worker illnesses and death caused by heat stress.

What is Heat Illness?

The following are illnesses that may result from exposure to heat in the workplace.

Heat Stroke is the most serious heat-related health problem. Heat stroke occurs when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104°F). ***This is a medical emergency that may result in death!*** The signs of heat stroke are confusion, loss of consciousness, and seizures. Workers experiencing heat stroke have a very high body temperature and may stop sweating. If a worker shows

Occupational Factors that May Contribute to Heat Illness

- High temperature and humidity
- Low fluid consumption
- Direct sun exposure (with no shade) or extreme heat
- Limited air movement (no breeze or wind)
- Physical exertion
- Use of bulky protective clothing and equipment

signs of possible heat stroke, ***get medical help immediately***, and call 911. Until medical help arrives, move the worker to a shady, cool area and remove as much clothing as possible. Wet the worker with cool water and circulate the air to speed cooling. Place cold wet cloths, wet towels or ice all over the body or soak the worker's clothing with cold water.

Heat Exhaustion is the next most serious heat-related health problem. The signs and symptoms of heat exhaustion are headache, nausea, dizziness, weakness, irritability, confusion, thirst, heavy sweating and a body temperature greater than 100.4°F. Workers with heat exhaustion should be removed from the hot area and given liquids to drink.

Cool the worker with cold compresses to the head, neck, and face or have the worker wash his or her head, face and neck with cold water. Encourage frequent sips of cool water. Workers with signs or symptoms of heat exhaustion should be taken to a clinic or emergency room for medical evaluation and treatment. Make sure that someone stays with the worker until help arrives. If symptoms worsen, call 911 and get help immediately.

Heat Cramps are muscle pains usually caused by the loss of body salts and fluid during sweating. Workers with heat cramps should replace fluid loss by drinking water and/or carbohydrate-electrolyte replacement liquids (e.g., sports drinks) every 15 to 20 minutes.

Heat Rash is the most common problem in hot work environments. Heat rash is caused by sweating and looks like a red cluster of pimples or small blisters. Heat rash may appear on the neck, upper chest, groin, under the breasts and elbow creases. The best treatment for heat rash is to provide a cooler, less humid work environment. The rash area should be kept dry. Powder may be applied to increase comfort. Ointments and creams should ***not*** be used on a heat rash. Anything that makes the skin warm or moist may make the rash worse.

Prevention Made Simple: Program Elements

Heat Illness Prevention Program key elements include:

- A Person Designated to Oversee the Heat Illness Prevention Program
- Hazard Identification
- Water. Rest. Shade Message
- Acclimatization
- Modified Work Schedules
- Training
- Monitoring for Signs and Symptoms
- Emergency Planning and Response

Designate a Person to Oversee the Heat Stress Program

Identify someone trained in the hazards, physiological responses to heat, and controls. This person can develop, implement and manage the program.

Hazard Identification

Hazard identification involves recognizing heat hazards and the risk of heat illness due to high temperature, humidity, sun and other thermal exposures, work demands, clothing or PPE and personal risk factors.

Identification tools include: OSHA's Heat [Smartphone App](#); a Wet Bulb Globe Thermometer (WBGT) which is a measure of heat stress in direct sunlight that takes into account temperature, humidity, wind speed, sun and cloud cover; and the National Weather Service [Heat Index](#). Exposure to full sun can increase heat index values up to 15°F.

Water.Rest.Shade

Ensure that cool drinking water is available and easily accessible. (Note: Certain beverages, such as caffeine and alcohol can lead to dehydration.)

Encourage workers to drink a liter of water over one hour, which is about one cup every fifteen minutes.

Provide or ensure that fully shaded or air-conditioned areas are available for resting and cooling down.

Acclimatization

Acclimatization is a physical change that allows the body to build tolerance to working in the heat. It occurs by gradually increasing workloads and exposure and taking frequent breaks for water and rest in the shade. Full acclimatization may take up to 14 days or longer depending on factors relating to the individual, such as increased risk of heat illness due to certain medications or medical conditions, or the environment.

New workers and those returning from a prolonged absence should begin with 20% of the workload on the first day, increasing incrementally by no more than 20% each subsequent day.

During a rapid change leading to excessively hot weather or conditions such as a heat wave, even experienced workers should begin on the first day of work in excessive heat with 50% of the normal workload and time spent in the hot environment, 60% on the second day, 80% on day three, and 100% on the fourth day.

Modified Work Schedules

Altering work schedules may reduce workers' exposure to heat. For instance:

- Reschedule all non-essential outdoor work for days with a reduced heat index.
- Schedule the more physically demanding work during the cooler times of day;
- Schedule less physically demanding work during warmer times of the day;
- Rotate workers and split shifts, and/or add extra workers.
- Work/Rest cycles, using established industry guidelines.
- Stop work if essential control methods are inadequate or unavailable when the risk of heat illness is very high.

Keep in mind that very early starting times may result in increased fatigue. Also, early morning hours tend to have higher humidity levels.

Training

Provide training in a language and manner workers understand, including information on health effects of heat, the symptoms of heat illness, how and when to respond to symptoms, and how to prevent heat illness.

Monitoring for Heat Illness Symptoms

Establish a system to monitor and report the signs and symptoms listed on the previous page to improve early detection and action. Using a buddy system will assist supervisors when watching for signs of heat illness.

Emergency Planning and Response

Have an emergency plan in place and communicate it to supervisors and workers. Emergency plan considerations include:

- What to do when someone is showing signs of heat illness. This can make the difference between life and death.
- How to contact emergency help.
- How long it will take for emergency help to arrive and training workers on appropriate first-aid measures until help arrives.
- Consider seeking advice from a healthcare professional in preparing a plan.

Engineering Controls Specific to Indoor Workplaces

Indoor workplaces may be cooled by using air conditioning or increased ventilation, assuming that cooler air is available from the outside. Other methods to reduce indoor temperature include: providing reflective shields to redirect radiant heat, insulating hot surfaces, and decreasing water vapor pressure, e.g., by sealing steam leaks and keeping floors dry. The use of fans to increase the air speed over the worker will improve heat exchange between the skin surface and the air, unless the air temperature is higher than the skin temperature. However, increasing air speeds above 300 ft. per min. may actually have a warming effect. Industrial hygiene personnel can assess the degree of heat stress caused by the work environment and make recommendations for reducing heat exposure.

Additional information

For more information on this and other issues affecting workers or heat stress, visit: www.osha.gov/heat; www.cdc.gov/niosh/topics/heatstress; and www.noaa.gov/features/earthhobs_0508/heat.html.

Workers have the right to working conditions that do not pose a risk of serious harm, to receive information and training about workplace hazards and how to prevent them, and to file a complaint with OSHA to inspect their workplace without fear of retaliation.

For more information about workers' rights, see OSHA's workers page at www.osha.gov/workers.html.

This is one in a series of informational fact sheets highlighting OSHA programs, policies or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal Regulations. This information will be made available to sensory-impaired individuals upon request. The voice phone is (202) 693-1999; teletypewriter (TTY) number: (877) 889-5627.

For assistance, contact us. We can help. It's confidential.



www.osha.gov (800) 321-OSHA (6742)



U.S. Department of Labor