

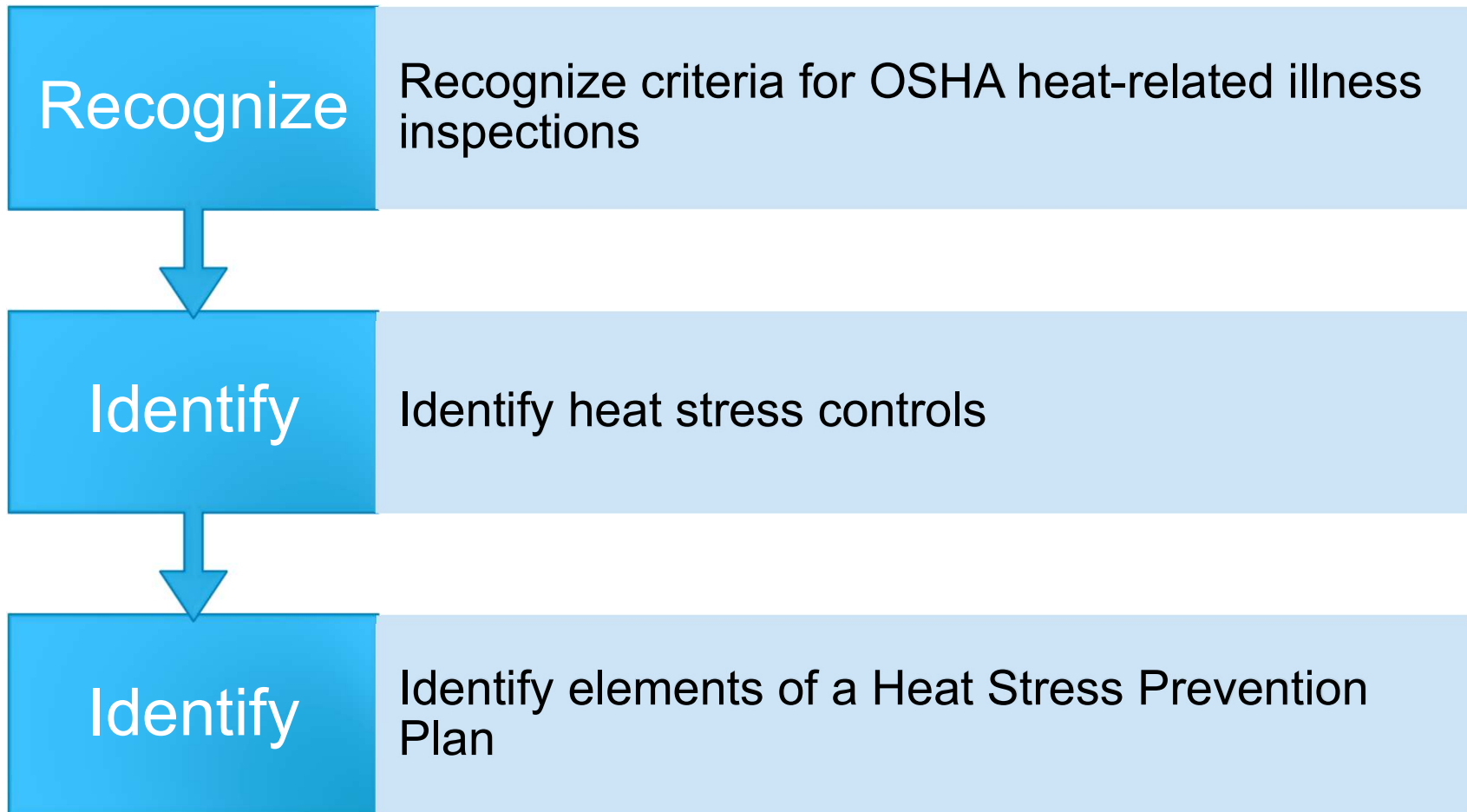


HEAT STRESS AND OSHA'S EMPHASIS PROGRAM

WELCOME



OBJECTIVES



POLL QUESTION

Do you have a heat stress protocol in place?

- Yes, we use the ACGIH TLV Guidance.
- Yes, we have a policy we implement at certain temperatures.
- Sort of, we might offer water on really hot days.
- Not really.



INTRODUCTION

Facts about heat illness

- During 2004–2018, an average of 702 heat-related deaths (415 with heat as the underlying cause and 287 as a contributing cause) occurred in the United States annually. Natural heat exposure was a contributing cause of death attributed to certain chronic medical conditions, alcohol poisoning, and drug overdoses

Injury facts

- If left untreated, heat-related illnesses can lead to severe organ damage, delirium, or death
- Obesity increases susceptibility
- All types are easily prevented
- Previous illness can make you more susceptible in the future

TYPES OF HEAT-RELATED ILLNESS

Heat syncope

Heat rash

Heat cramps

Heat exhaustion

Heat stroke

OSHA HEAT STRESS NEP



In effect as of April 8, 2022



Prioritize heat-related complaints and illnesses



Based upon OSHA Region VI (AR, LA, OK, NM, TX) Regional Emphasis Program

SO WHY IS OSHA DOING THIS?



Affects hundreds
of industries,
occupations and
tasks

Across all
geographic
regions

Disproportionately
affects lower
wage workers

Climate change

EXISTING PREVENTION EFFORTS

Notice of Proposed Rulemaking
Heat Illness Prevention Campaign
General Duty Clause
Region VI Emphasis Program
State Standards



HEAT INJURY PREVENTION CAMPAIGN



**Prevent
Heat Illness
at Work**

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

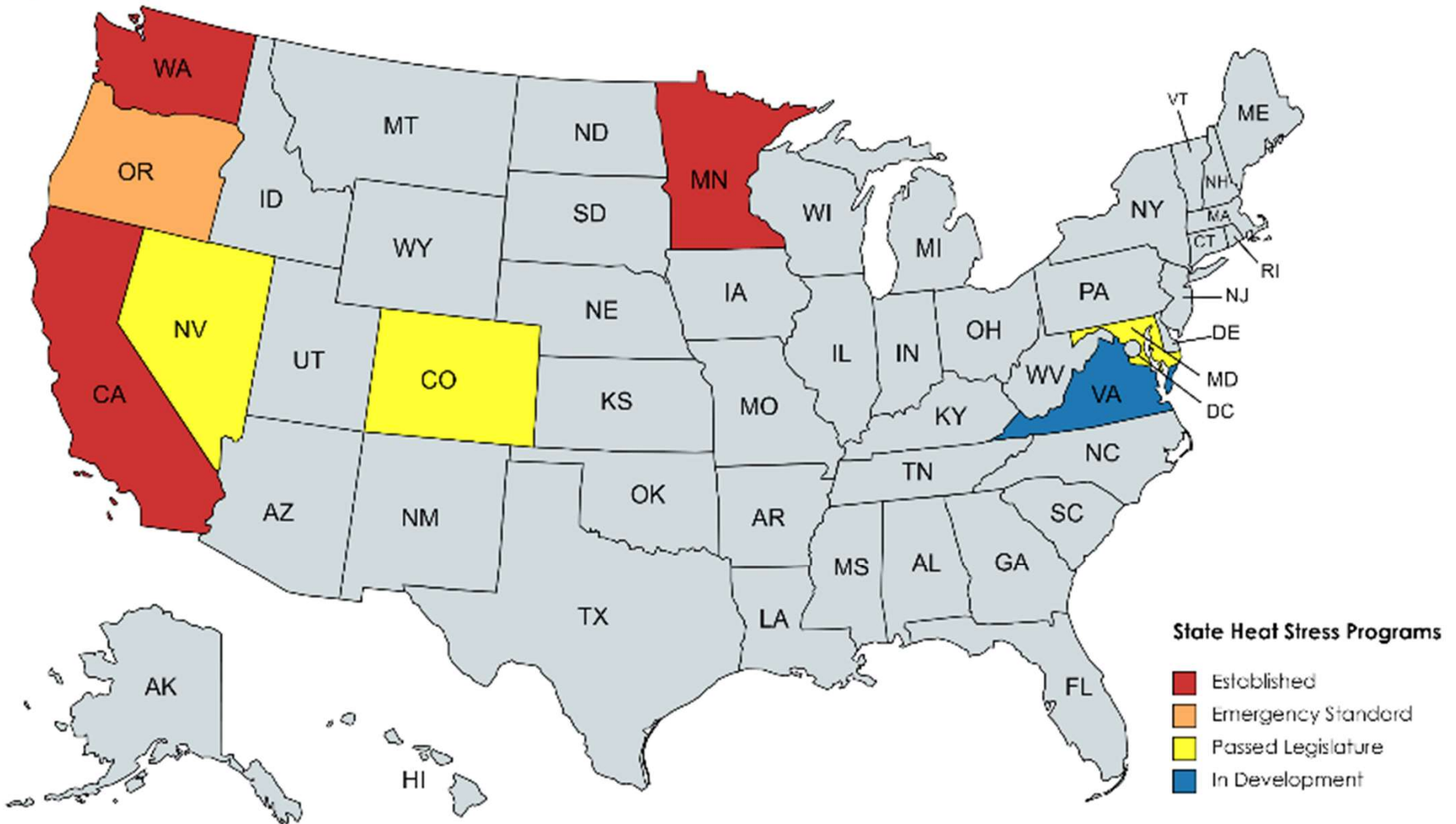
www.osha.gov/heat



REGION VI EMPHASIS PROGRAM

- Based on NWS Heat Advisories for area offices
- Train employees on hazards of working in heat
- Provide drinking water and first aid
- Provisions for emergency medical attention

STATE HEAT STRESS PROGRAMS



NEP HEAT INSPECTION GUIDANCE

- Prioritized based on referrals or complaints
- Review OSHA 300 logs and injury/illness reports
- Heat stress prevention plan
- Conditions and/or activities relevant to heat stress



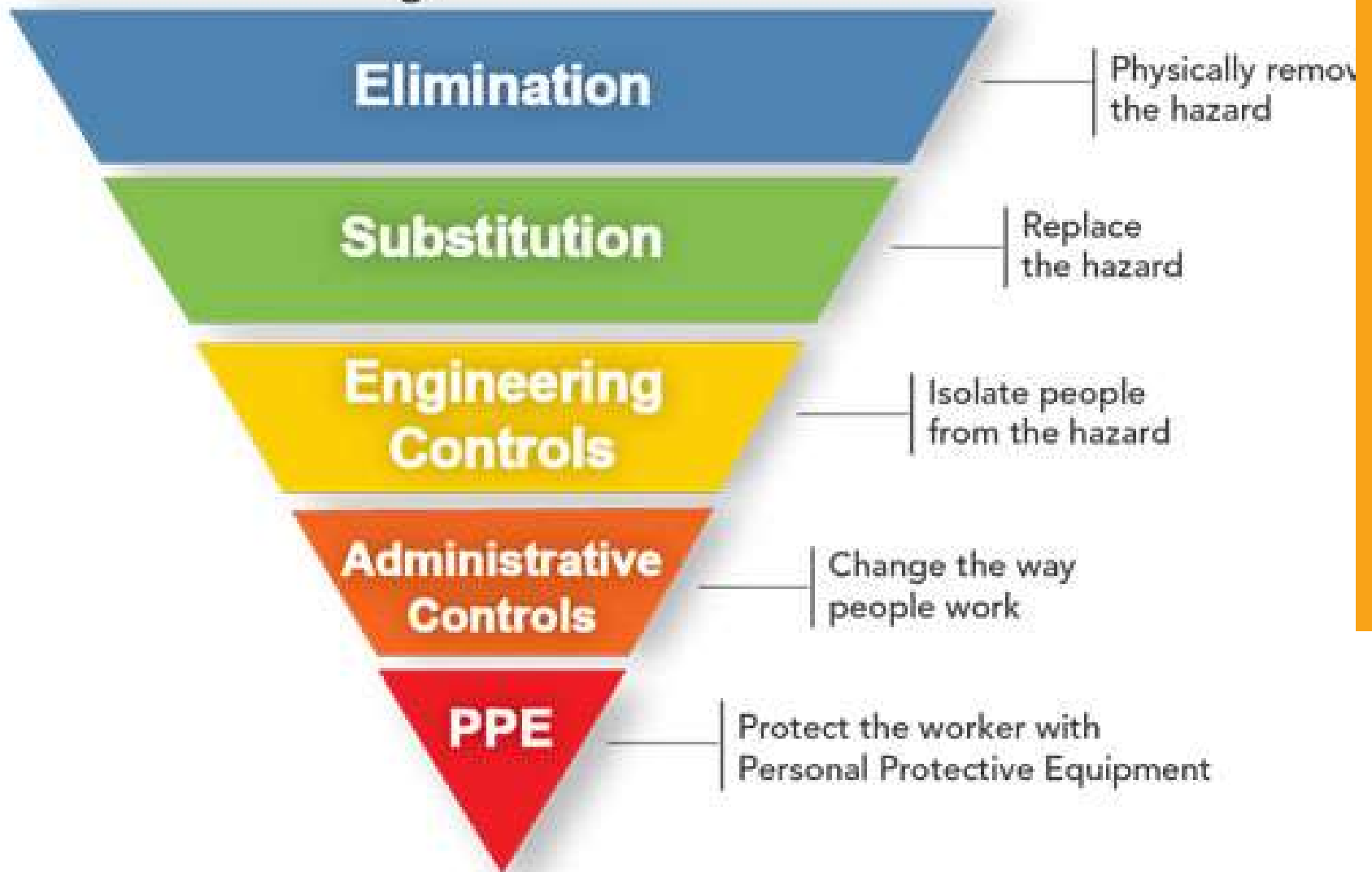
NIOSH HEAT STRESS APP

Hierarchy of Controls

Most effective



Least effective



HEAT RELATED ILLNESS PREVENTION

Acclimatization

Structured program
Increase time daily
7-14 days

Medical Monitoring

Preplacement
Periodic
OTJ monitoring

Training

Recognize symptoms
Proper hydration
Contributing factors

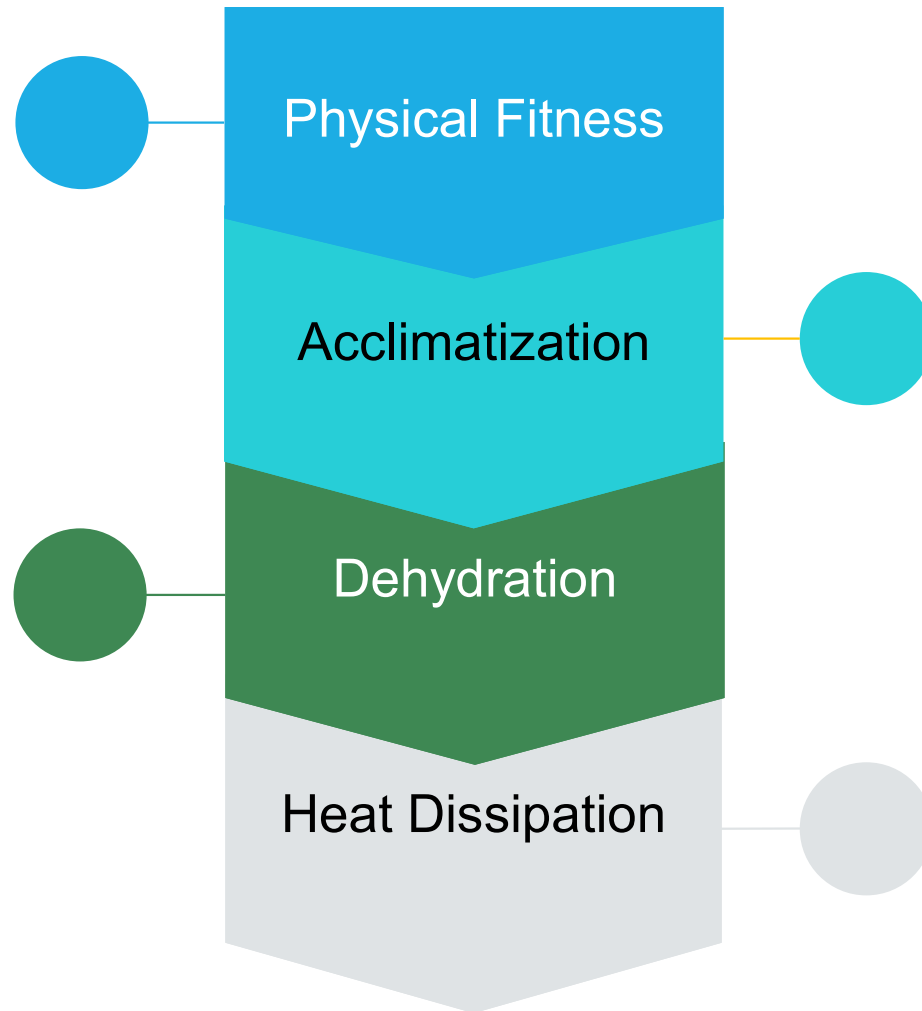
Heat Alert Program

Temperature/humidity based
Heat Index
Warnings

HEAT SUSCEPTIBILITY FACTORS

Physically-fit people have less physiological strain and more efficient sweating.

2-3 gallons of sweat can be lost and needs replenished. Drink plenty of water.



Physiologically adjusting people to working under hot conditions – usually takes 1-2 weeks.

Overweight people produce more heat per unit of bodily surface area.



OSHA REQUIREMENTS

Under OSHA law, employers are responsible for providing workplaces free of known safety hazards.

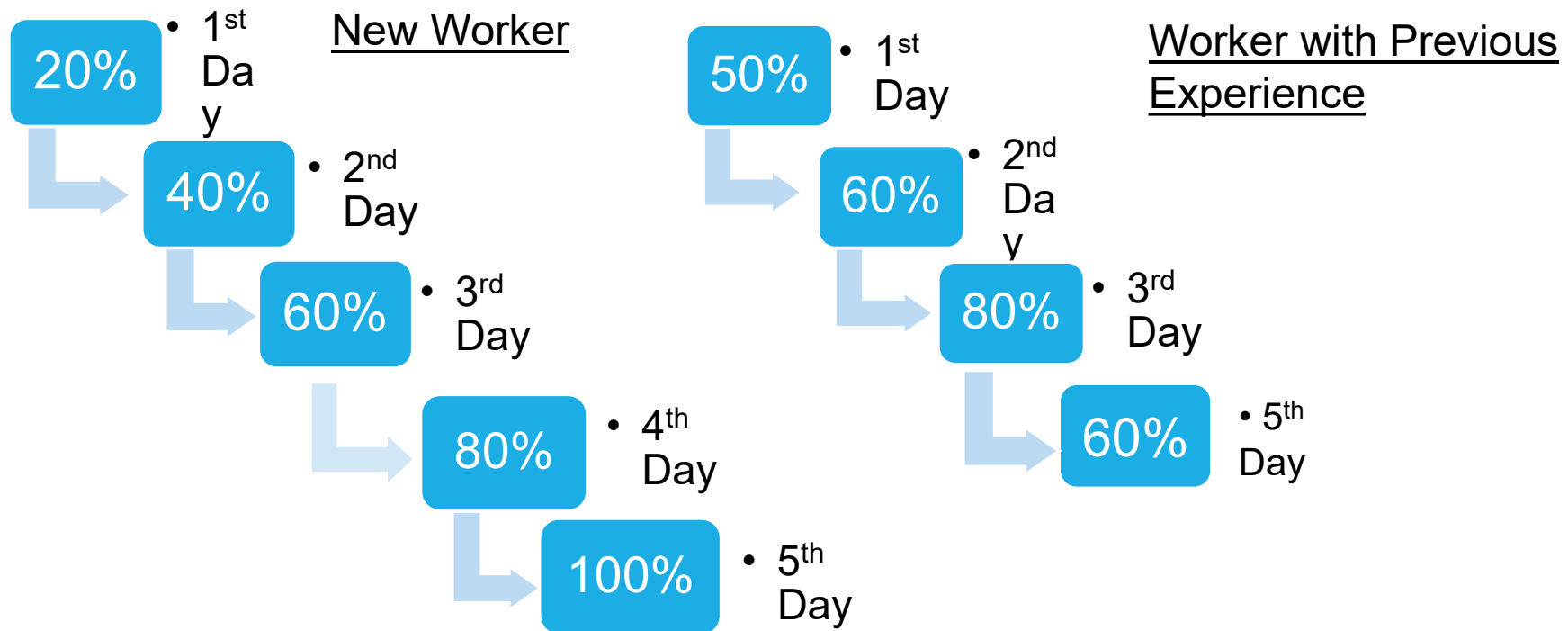
This includes protecting workers from extreme heat.

An employer with workers exposed to high temperatures should establish a complete heat illness prevention program.

- Provide workers with water, rest and shade.
- Allow new or returning workers to gradually increase workloads and take more frequent breaks as they acclimatize or build a tolerance for working in the heat.
- Plan for emergencies and train workers on prevention.
- Monitor workers for signs of illness.

HOW TO ACCLIMATE

- Gradual increase in work time in the hot conditions most likely over 7 to 14 days.
- Cooling off and rehydrating between the shifts.



ACCLIMATIZATION

Allowing your circulation to be more stable in the intense heat environment.

Sweating Efficiency.

- Build sweat production, causes you to sweat earlier, and lowers the loss of electrolytes.

Increased blood flow.

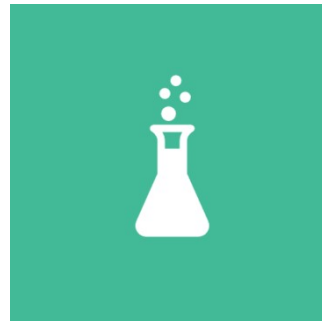
Better performance with lower core temperature and heart rate.

KEEPING WORKERS COOL ON THE JOB



Electrolyte Replacement

Provide workers with access to electrolyte replacements.



Shelter

Provide workers an area to cool off when they begin to become exhausted.

Drinking Station

Separately from electrolyte replacement – create hydration stations, such as water coolers, and make them accessible.



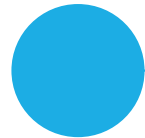
Cooling Apparel

Providing workers with apparel that will cool their skin while working will make the heat all the more bearable.

ACTION ITEMS



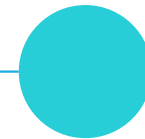
Identify Tasks/Jobs



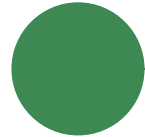
Step 01
RISK.

Step 02
Identify Controls

Controls



Training re:
symptoms,
controls



Step 03
Educate

Monitor heat and
Implement
program



Step 04
Implement
Procedures

Heat Stress App - Apple



Heat Stress App - Android



ADDITIONAL RESOURCES

[OSHA's Recommended Practices for Safety and Health Programs](#)

[OSHA Heat Campaign](#)

[Occupational Heat Exposure Safety and Health Topic Page](#)

[NIOSH Heat Stress Safety and Health Topic Page](#)

<https://www.safex.us/osha-heat-stress-nep-ebook/>



Questions/

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