


Heat Illness Prevention



With the summer months fast approaching, now is the time to begin preparing for those projects that may need to be completed in hotter weather. Exposure to heat related illnesses can occur both indoors and outdoors. Be aware of your district's emergency response procedures and participate in training in accordance with the district's Injury and Illness Prevention Program (IIPP). The following best practices are suggested to keep you safe when the temperatures soar:

- ✚ With summer months being the time for vacations, make sure you know:
 - Your lead supervisor's name
 - Back-up lead's name
 - Contact name(s) in case of emergency (district office)
 - Contact name(s) trained in first aid
 - Weather conditions predicted (temperature, wind speed, clear skies)

 - ✚ When determining the projects to be completed, consider the following:
 - Adjust tasks to be completed in conjunction with weather compatibility (i.e., less strenuous tasks completed during the hotter hours of the day)
 - Evaluate the conditions of the site, including shady areas for breaks/recovery
 - Acclimatize yourself to the heat
 - Assess your clothing (lightweight, light-colored, loose-fitting) and use of appropriate personal protective equipment
 - Work in pairs – use the buddy system; keep an eye on each other
 - Be informed where the fresh drinking water is available and positioned at the work site and the frequency of breaks
 - Determine who is responsible for refilling the coolers throughout the day
 - Be aware and participate in training on how to identify common symptoms of heat illness
 - Know how to respond if one of your co-workers is experiencing heat illness symptoms
 - Know how to contact help in case of emergency (cell phone, walkie-talkie, radio)
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- A silhouette of a person wearing a hard hat and drinking from a water bottle. The person is positioned in the lower right quadrant of the page. Behind their head is a bright sun flare, creating a lens flare effect against a clear blue sky.

Additional resources and information are available through ASCIP's website and your risk services consultants.