



## **Heat Illness Prevention Campaign**

### **Plan & Prepare – Schedule for the Heat**

Nothing is worse than being caught unawares by unexpected delays, productivity drop off, or unexpected expenses. So taking time to look ahead to the summer months and hotter weather allows for the opportunity to modify output schedules, workers shifts, and timelines.

### **Build in time for acclimatization**

Returning or seasonal workers can take up to two weeks to acclimate to working in the increased temperatures. 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.

### **Expect Productivity to be lower**

Working in the heat can slow workers down, not only because the heat can make you feel lethargic and sluggish, but also because frequent breaks may be required. Pairing that with modified work schedules, it is best to adjust deadlines on the front side. If you get lucky, and the temperatures aren't as bad as you planned for, then you can come in under deadlines, and have time to get more work done than anticipated.

### **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.

### **Consider providing hot weather PPE for your workers**

By spreading out the costs of PPE, Hot weather supplies, or work practice modifications, you can avoid the last minute rush when your workers are trapped in the



hot conditions.

- Coolers or water barrels to have cool drinking water available onsite
- Reusable water bottles or CamelBaks®
- Shade structures for those work sites that have no natural shade
- Fans to keep the air circulating
- Cooling neck wraps
- Moisture wicking hi-vis shirts and vests

### **SAFETY REMINDER**

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