



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

Symptoms of Heat Stroke

- Dry, hot skin with no sweating
- Mental confusion or losing consciousness
- Seizures or convulsions

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 containers with sealed and disposable water cups or disposable water bottles and a trash receptacle.

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.

HIGH HEAT

High Heat Procedures — Above 95°F Heat Index | When project site temperatures equal or exceed 95 degrees Fahrenheit heat index, the following control 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

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

		TEMPERATURE (°F)															
		80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
RELATIVE HUMIDITY (%)	40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
	45	80	82	84	87	89	93	96	100	104	109	114	119	124	131	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	105	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	91	98	105	113	122	131										
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

HYDRATION COLOR CHART

Use this urine color chart to determine if you are drinking enough fluids throughout the day.

