

Bradbury Stamm Construction – Safety Directive

Safety Directive # 028-00

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HEAT ILLNESS PREVENTION PROGRAM

Purpose

To provide guidance and direction on the best practices during times of heightened risk for heat illness at construction jobsites.

Procedure

- Observe heat index forecast for the day. Utilize OSHA Heat app <https://www.osha.gov/heat/heat-app>
- If heat indexes are projected above 80 degrees. Plan for precautionary measures to mitigate exposure and duress in direct sunlight.
- Precautionary measures to include:
 - Adjusted schedules to avoid peak heat times when possible
 - Access to cool drinking water
 - Access to shaded area
 - Scheduled hydration and rest breaks
 - Increased communication about hazard and what symptoms to look for in someone experiencing heat illness.
- Symptoms to look for in someone experiencing heat illness
 - Confusion
 - Irritability
 - Nausea or vomiting
 - Heavy sweating
 - Unconsciousness
 - Heavy sweating or hot, dry skin
 - Rapid heart rate
 - Slurred Speech
 - Fatigue
 - Thirst
 - Dizziness or lightheadedness
 - Elevated body temperature or fast heart rate
 - Seizures
 - Very high body temperature
- If you encounter yourself or notice someone on the jobsite experiencing these symptoms, get them to a cool or shaded area, be sure to drink water and notify your foreman and job superintendent