



Thank you for registering the first SOCMA Summer of Safety Webinar on Heat Illness Prevention held on July 10, 2024. Below is a summary of the data presented and key takeaways from the discussion.

With the recent extreme heat emergency occurring in the United States, awareness about the prevention of extreme heat illness is vital. Please share these materials with your teams.

If you would like to share any additional feedback or resources, please contact Emylyn Noma at [enoma@socma.org](mailto:enoma@socma.org).

## Webinar Recording

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<https://www.youtube.com/watch?v=isprFVY7Y88&feature=youtu.be>

# OSHA Heat Illness Prevention Standard

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## *Highlights from the Heat Injury and Illness Prevention Standard*

1. Proposed standard has several exemptions including time durations and activities covered in other standards
2. HIIPP updated at least annually or after event
3. Monitoring can be completed through National Weather Service or other reputable source alerts; personal monitoring can be through WBGT or heat index
4. Trigger will be 80 F by heat index or WBGT equal to NIOSH recommended alert limit
5. High heat trigger requires 15-minute paid rest break every two hours and controls implemented including pre-shift hazard alerts
6. Two options for acclimatizing employees:
  - 15-minute paid rest break every two hours; observe signs/symptoms (buddy system, heat safety coordinator overseeing); hazard alerts every pre-shift.
  - 20% rule for new and returning (14 days away) starting at 50%

## Heat Illness Statistics

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1. At heat stroke, core temp. >103F, critical window 30 minutes – actions not taken to lower body temperature 80% victims will die or suffer permanent disability
2. 50% of fatalities from heat related illness are on the 1st day on the job
3. 75% of fatalities happen in the first week on the job
4. Between 2017 – 2023 there were 128 (known) heat-related illness fatalities reported
5. KNOWN – heat-related illness deaths are often mis-diagnosed as heart attack
6. When heat stroke occurs body temp can rise to 106F + within 10-15 minutes
7. Heat stroke is when the body's cooling mechanisms have failed

## Preventive Measures

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## Engineering controls

• A/C • LEV • COOLING FANS • GENERAL VENTILATION • REFLECTIVE OR HEAT ABSORBING SHIELD/BARRIERS HIGH HEAT SOURCES • INSULATION • MISTING FANS • USE OF MECHANICAL EQUIPMENT TO LOWER WORKLOAD • HUMIDITY REDUCTION

## Administrative controls

• ACCLIMITIZATION • MANDATORY REST BREAK • SCHEDULE SHIFTS • PRE-PLANNING • JOB ROTATION • PROPER HYDRATION • PHYSIOLOGICAL AND HYDRATION MONITORING • BUDDY SYSTEM • HEAT ALERTS • HIIP PROGRAM • TRAINING

## PPE

• COOLING VESTS AND CLOTHING • WICKING CLOTHING • COOL GEAR • COOLING TOWELS • SUNSCREEN

## Other Tools and Resources Available

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1. OSHA-NIOSH Heat Safety Tool App
  - Visual indicator of heat index and risk level associated with your location
  - Hourly forecast of heat index values
  - Risk level and recommendations for planning outdoor activities in advance
  - Signs and symptoms of heat-related illnesses and first aid information
2. NWS Mobile App
  - Provide real time weather alert via
  - Get latest excessive heat alert warning based on current location
3. National Weather Service Online [Heat Index Calculator](https://www.wpc.ncep.noaa.gov/html/heatindex.shtml)
  - <https://www.wpc.ncep.noaa.gov/html/heatindex.shtml>
4. OSHA online WBGT calculator that allows for customization based on location
  - <https://www.osha.gov/heat-exposure/wbgt-calculator>
5. SOCMA Summer of Safety Campaign
  - Provides weekly safety alert, tips and downloadable one pager safety moment
  - <https://www.socma.org/summer-of-safety/>