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SAFE OPERATING PROCEDURES

Hot Weather Safety

SOP 10-11

1. Supervisors should schedule heaviest work during the cooler morning hours whenever possible. Risk factors which should be considered include high temperature, high humidity, high exertion, heavy loads/gear, and repeated strenuous days as part of scheduling or rescheduling work.
2. All employees who have not been working in a hot environment must adjust to the heat before expecting to be fully productive. It may take 10 - 14 days of gradually increasing heat exposure before employees become acclimated to working in hot conditions.
3. Employees should drink 2 cups of water before beginning work. Then 2-4 additional cups should be taken during each hour of work. Avoid caffeinated and energy drinks which contain high caffeine or sugar content. Sport drinks such as Gatorade should be considered when working in hot conditions for more than 2 hours to replace electrolytes.
4. Employees must begin drinking fluids before they feel thirsty to avoid heat-related problems.
5. Employees should not take salt tablets but should get extra salt through their normal meals.
6. Light meals are better than fatty foods as they are easier on the digestive system.
7. Frequent, short breaks in the shade are better than infrequent, long ones.
8. Employees should wear the proper clothing such as loosely woven cotton shirts, sunglasses, sweatbands, and the proper footwear. Light colored clothing retains less radiant heat than dark colored clothing.
9. Cooling bandannas (P/N 135005940) are available through Central Inventory.
10. Supervisors should ensure that each crew has adequate water and that employees are allowed enough break time for drinking and recovery purposes.
11. Employees must remember that a lack of sleep, obesity, alcohol use, medication use, and other health related issues can increase the risk of heat related injuries.

Related SOP's

General SOPs	Chapter 10	
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