



April 23, 2019

SUMMER IS JUST AROUND THE CORNER! ARE YOU AND YOUR STAFF PREPARED TO SURVIVE THE HEAT?

WAC 296-62-095, also known as Washington's Outdoor Heat Exposure Rule, runs from May 1 to September 30.

REMEMBER H-E-A-T TO SURVIVE THE HEAT



HYDRATION -

- ⇒ Start the day well hydrated.
- ⇒ Drink water while working outdoors or in a hot environment to stay hydrated and maintain electrolyte levels to avoid hyponatremia.
 - If in the heat for <2 hours and involved in moderate work activities, drink 1 cup (8 oz.) of water every 15-20 minutes.
 - Thirst and the color of your urine are usually the best indications of how much water you need. If you're not thirsty and your urine is pale yellow, you are likely getting enough water.

EDUCATION -

- ⇒ Training is required annually for those employees assigned to work outdoors, for 15 minutes or more an hour, in hot weather, so they understand what heat stress is, how it affects one's health and safety, as well as strategies to prevent heat-related illnesses.
- ⇒ Safeschools has a 15 minute course on "Heat Illness". *Why not log in and take the course today?*
- ⇒ Check weather forecasts regularly. Heat rule outdoor temperature action levels apply when temperatures reach:
 - 52° F When wearing non-breathable clothing, including vapor barrier clothing or PPE such as chemical resistant suits
 - 77° F When wearing double-layer woven clothing such as coveralls, jackets, and sweatshirts
 - 89° F When wearing all other clothing

ADJUST WORK PRACTICES TO ALLOW YOUR BODY TIME TO ACCLIMATE TO THE HEAT -

- ⇒ Wear light-colored clothing, a wide-brimmed hat, and sunscreen.
- ⇒ Take rest breaks in the shade.
- ⇒ Perform heavy tasks during cooler parts of the day and rotate physically demanding jobs with less strenuous tasks whenever possible.
- ⇒ If you aren't used to working outdoors, gradually increase time spent outdoors over 5-7 days.

TEAMWORK -

- ⇒ Use the buddy system when working outdoors in warm weather.
- ⇒ Keep an eye on others working or playing nearby and be prepared to act fast!

SAFETY MATTERS