



# 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 container 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 controls methods should be considered for implementation by Project Supervision:

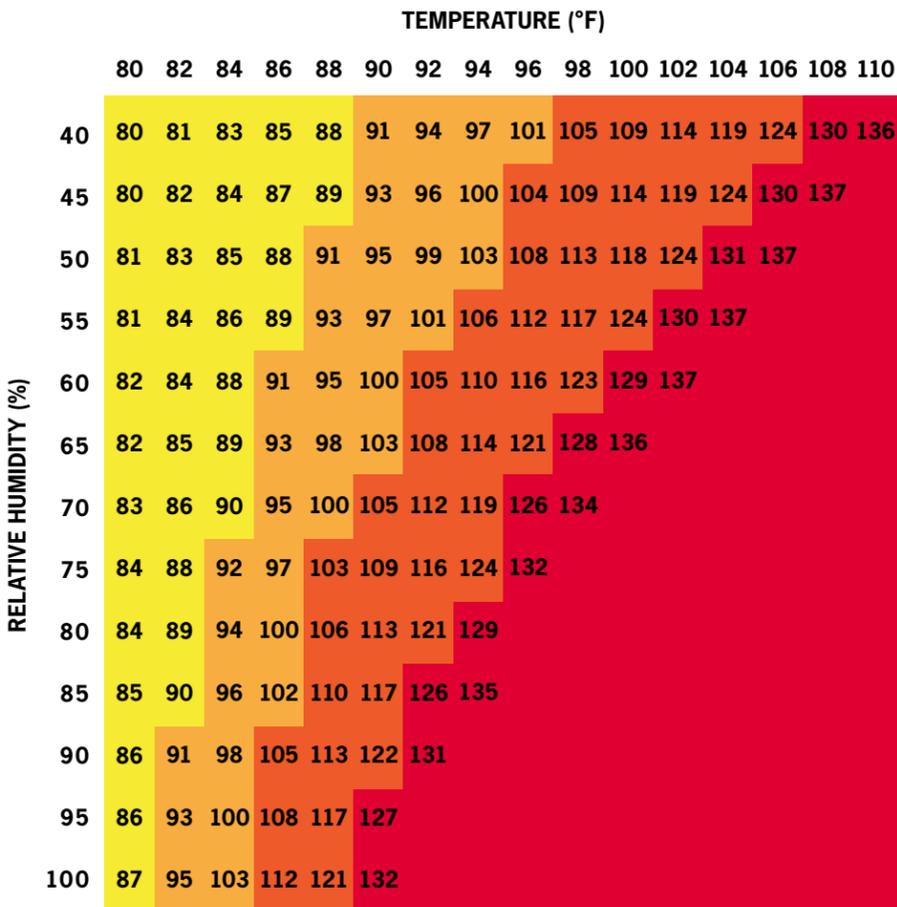
- Adjustment of work schedules
- Rotation of craft employees
- Increase the amount or frequency of break/cool-down periods
- Adequate communication with direct supervision
- Review high heat procedures in Task Hazard Analysis meetings
- Review emergency response plans
- Review heat exposure with PPE, 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



## HYDRATION

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

