CALIFORNIA HEAT ILLNESS PREVENTION PLAN

For compliance with Standard Title 8 CCR 3395

PROGRAM ANNUAL REVIEW FOR HEAT ILLNESS PREVENTION PLAN

United Marble & Granite

Record of Review:

Date	Reviewed By	Comments

Record of Amendments:

Date	Amended By	Summary of Amendment

PROGRAM ADMINISTRATOR'S ACKNOWLEDGEMENT FOR HEAT ILLNESS PREVENTION PLAN

United Marble & Granite

The **Program Administrator** is responsible for the successful implementation of this Heat Illness Prevention Plan.

I have acknowledged my responsibility for this Heat Illness Prevention Plan and I am committed to enforcing its policies.

MANUEL DE OLIVEIRA

Printed Name

Signature

8-9-2019

Date

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Heat Illness Prevention Policy

1.0 Introduction:

Employees, who work in outdoor places of employment or on job tasks in other areas at those times when the environmental risk factors for heat illness are present, are at risk for developing heat illnesses if they do not protect themselves appropriately. The objective of this program is employee awareness regarding heat illness symptoms, ways to prevent heat illness, and what to do if symptoms occur.

This written program is based on the California Code of Regulations Proposed State Standard, Title 8, Chapter 4, Section 3395. (see APPENDIX)

2.0 Policy Statement:

Our employees benefit from a safe and healthy work environment. We are committed to maintaining an injury-free and illness-free workplace, and to complying with applicable laws and regulations governing workplace safety.

It is our policy that any employee participating in job tasks when environmental risk factors for heat illness are present will comply with the procedures in this document and with those contained in our Injury and Illness Prevention Program.

The purpose of this Heat Illness Prevention Policy is to ensure that all employees are protected from heat illness while working on job tasks where environmental risk factors for heat illness are present and to establish the minimum requirements for working in this environment.

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3.0 Program Administrator:

The Program Administrator for this Heat Illness Prevention Policy has overall responsibility for the program. The Program Administrator has agreed to his/her commitment to uphold the policies outlined herein by signing the "Program Administrator's Acknowledgement" form. The Program Administrator completes an annual documented review of the program or whenever a need arises to revise the program. Copies of the written Heat Illness Prevention Policy may be obtained from the Program Administrator.

The Program Administrator's responsibilities include, but are not necessarily be limited to:

- Identifying, with management's assistance, all employees who are required to work outdoors where potential heat illness could occur and identify the supervisor of the employees.
- Assisting with providing training to all potentially impacted employees and their supervisors on the risks and prevention of heat illness, including how to recognize symptoms and how to respond when they appear.
- Ensuring, with management's assistance, that all affected employees and supervisors have received proper training on heat illness prevention.
- Performing or assigning a manager, crew leader, safety coordinator, or supervisor to complete the required tasks associated with implementing this policy (monitoring temperature, completing headcounts, ensuring drinking water supply is adequate, that employees take required rest periods, that employees are hydrating themselves, that shaded areas are erected or adequate, and etc.)
- Ensuring that the requirements in this document are followed.

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4.0 Responsibilities:

Our employees are expected to work conscientiously to implement and maintain the Heat Illness Prevention Policy. The Program Administrator has the authority and responsibility for implementing the provisions of this program. Any questions regarding the program should be directed to the Program Administrator.

Management/Supervisors:

- Management in conjunction with the Program Administrator's assistance, identify all employees who are required to work outdoors where potential heat illness could occur and identify the supervisor of the employees.
- Management in conjunction with the Program Administrator's assistance ensures that all affected employees, and their supervisors, receive proper training on heat illness prevention.
- Management and supervisors work together to assure that adequate water and shade are available at a job site when the environmental risk factors for heat illness are present.
- Managers and supervisors ensure that they are trained on the risks and prevention of heat illness, including how to recognize symptoms and how to respond when they appear.

Employees:

- Comply with the provisions of the Heat Illness Prevention Policy, as described in this document and with the information provided in the training sessions they attend.
- Attend safety training meetings concerning this topic and sign the Training Outline Sheet and the Training Roster.
- Ensure they have drinking water available at all times when the environmental risk factors for heat illness are present and that they drink the amount required (1 quart per hour).
- Ensure they have access to a shaded area to prevent or recover from heat related symptoms and utilize this area whenever necessary and/or when assigned to do so.
- Immediately report heat related illness symptoms to the supervisor.

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5.0 Definitions:

Acclimatization - means temporary adaptation of the body to work in the heat that occurs gradually when a person is exposed to it. Acclimatization peaks in most people within four to fourteen days of regular work for about two hours per day in the heat.

Environmental risk factors for heat illness - means working conditions that create the possibility that heat illness could occur, including air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personnel protective equipment worn by employees.

Personal risk factors for heat illness - means factors such as an individual's age, degree of acclimatization, health, water consumption, alcohol consumption, caffeine consumption, and use of prescription medications that affect the body's water retention or other physiological responses to heat.

Preventative recovery period - means a period of time to recover from the heat in order to prevent heat illness.

Shade - means blockage of direct sunlight. Canopies, umbrellas, and other temporary structures or devices may be used to provide shade. One indicator that blockage is sufficient is when objects do not cast a shadow in the area of blocked sunlight. Shade is not adequate when heat in the area of shade defeats the purpose of shade, which is to allow the body to cool. For example, a car sitting in the sun does not provide acceptable shade to a person inside it, unless the car is running with air conditioning. Shade may be provided by any natural or artificial means that does not expose employees to unsafe or unhealthy conditions or hazards and does not deter or discourage access or use. Therefore, the shade requirement cannot be met by using areas underneath mobile equipment, like a tractor.

Temperature – means the dry bulb temperature in degrees Fahrenheit obtainable by using a thermometer to measure the outdoor temperature in an area where there is no shade. The temperature measurement must be taken in an area with full sunlight, the bulb or sensor of the thermometer should be shielded while taking the measurement, e.g., with the hand or some other object, from direct contact by sunlight.

Heat illness - means a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes sunburn, heat rash, heat cramps, heat syncope, heat exhaustion, and heat stroke. Heat exhaustion and heat stroke are the most severe forms of heat illness and can

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lead to death due to the body's inability to keep the core organs cool which causes the body to shut down altogether.

SUNBURN

Symptoms – skin becomes red (if one has light skin color), it is painful, and usually feels warm after being in the sun. Sunburn should be avoided because it damages the skin and could lead to more serious illnesses such as skin cancer.

First Aid – Keep exposed body parts covered (wide brim hat with sun shield material covering the back of the neck). Cool the area with cold water or cold moist towels. Do not break blisters. Use a moisturizing lotion or burn gel; do not use salve, butter, toothpaste, Vaseline, or ointments as they lock in the heat. If the sunburn affects someone younger than one year old, someone over 60, affects more than one body part, genitals are burned, the person is diabetic, or a fever develops, or there are severe blisters and pain, a doctor should be consulted.

HEAT RASH

Symptoms – irritation usually caused by excessive sweating and usually looks like a red cluster of pimples or small blisters. It can burn and itch. It is more likely to occur on the neck, upper chest, groin, under the breasts, and in elbow creases.

First Aid – Try to work in a cooler, less humid environment when possible. Keep the affected area dry using some kind of body dusting powder or perhaps apply an over the counter hydrocortisone cream.

HEAT CRAMPS

Symptoms – muscle pain and spasms usually in the abdomen, legs, or arms due to heavy activity which cause excessive sweating. This depletes the body of water and salt. Tiny red bumps on the skin and a prickling sensation may occur. Feeling, irritable, dizzy, or weak may acUnited Marble & Granite the cramps.

First Aid – Do not take salt – it is not necessary. Stop any activity to sit and rest in a cool place. Use warm moist compresses and gently massage the area. Drink water or a sports beverage containing electrolytes. To relieve the skin, use a mild drying lotion. Do not return to strenuous activity for a few hours after the cramps subside as this could lead to heat exhaustion or heat stroke.

HEAT SYNCOPE

Symptoms – fainting episodes, light headedness, or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying

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position. Factors that contribute to heat syncope include heat, dehydration and lack of acclimatization.

First Aid – sit or lie down in a cool place and elevate the feet about 10 inches. Slowly drink water, clear juice, or a sports beverage containing electrolytes.

HEAT EXHAUSTION

Symptoms – this occurs when the body has lost too much water and salt through sweating. Symptoms include heavy sweating, extreme weakness or fatigue, cold, moist skin, dizziness, confusion, nausea, muscle cramps, elevated body temperature, fast and shallow breathing, headache, feeling giddy, and a rapid or weak pulse.

First Aid – **the person must be cooled immediately**! Rest in a cool, shaded or air conditioned area. Use cold wet compresses to the forehead and back of the neck or use cold water to hose off the person. Circulate air via a fan and drink plenty of water or sports beverage with electrolytes. If there is no improvement within 3 – 5 minutes, 911 should be called.

HEAT STROKE

Symptoms – the most serious of the heat related illnesses as the body temperature can rise to 106 degrees within 10 minutes and can be accompanied by chills. This is a life threatening emergency and **911** should be called immediately. Sweating stops and skin becomes dry indicating that the body is shutting down and cannot cool itself which causes the core organs to stop functioning. Skin can look mottled or bluish, pulse is rapid, weak, or irregular, speech can become slurred, a throbbing headache can begin accompanied by confusion, dizziness, or convulsions.

First Aid – **call 911 immediately**. Soak the clothes with cold water or remove clothing and wrap the body with a sheet soaked in cold water, move to a cool location, circulate air via a fan or aid conditioning, drink water or sports beverage containing electrolytes if the person is conscious. Monitor the airway to ensure that it remains clear and open. If breathing stops, begin CPR.

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6.0 Training:

Training is provided for employees working on job tasks where environmental risk factors for heat illness are present.

Employees

All employees working on job tasks where environmental risk factors for heat illness are present receive instruction before being assigned to work tasks. Training topics include, but are not limited to the following:

- Environmental and personal risk factors for heat illness, as well as the added burden of heat load on the body caused by exertion, clothing, and personal protective equipment.
- Procedures for identifying, evaluating, and controlling exposures to the environmental and personal risk factors for heat illness.
- Importance of frequent consumption of small quantities of water, up to 4 cups per hour when the work environment is hot and employees are likely to be sweating more than usual in the performance of their duties. Employees are to drink at least this amount even if they do not feel thirsty.
- Importance of utilizing shaded areas which are available at all times during the work shift
- Importance of acclimatization.
- Different types, signs, and symptoms of heat illness.
- Importance of immediately reporting symptoms or signs of heat illness in themselves or in coworkers to their supervisor.
- Procedures for responding to symptoms of possible heat illness, including how emergency medical services will be contacted and provided, should they become necessary.
- Procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider.
- Procedures for ensuring that, in the event of emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders. This includes designating a person to be available to ensure that emergency procedures are invoked when appropriate.
- Review and/or dispense training handout/fact sheets (see APPENDIX)

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Supervisors/Managers/Lead Persons

Supervisors, or their designees, are provided training on the following topics:

- Information as detailed above in employee training requirements.
- Procedures the supervisor is to follow to implement the provisions of this program.
- Ensuring that it is their responsibility to enforce the policies and procedures up to an including any necessary discipline for violations of unsafe behaviors.
- Observing employees for alertness and signs and symptoms of heat illness, this shall include implementing one or more of the following by the employer: Supervisor or designee observation of 20 or fewer employees, mandatory buddy system, or regular communication with sole employee by radio or cellular phone or other effective means of operation.
- Procedures the supervisor is to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures.
- When the temperature exceeds 75 degrees or is expected to reach 95 degrees, a short "tailgate" meeting is conducted to review the weather report, reinforce heat illness prevention, provide reminders to drink water frequently (even when they do not feel thirsty), review the signs and symptoms of heat illness, the number and schedule of water and rest breaks, and inform employees that shade is available upon request.
- To initiate a "buddy" system (or experienced co-worker) whereby employees are assigned to ensure that training is understood, procedures are followed, and to watch each other for any signs of heat illness.
- How to utilize the "Daily Checklist" at the beginning of each work day or work shift (see APPENDIX). This checklist is maintained for one year.

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7.0 Basic Procedures

Provisions for Water

- Drinking water containers (of 5 to 10 gallons each) are brought to the site at the beginning of the shift so that at least 2 quarts per employee are available from the start of the shift.
- Paper cone rims or bags of disposable cups and the necessary cup dispensers to ensure that enough disposable cups are made available for each worker and that they are kept clean until used.
- The water level of each container is check about every 30 minutes and more frequently if the temperature exceeds 90 degrees. When the water level drops below 50%, water containers are refilled with fresh, pure, and suitably cool water and provided to employees free of charge. To accomplish this, the supervisor or crew leader will have on hand two additional 5 gallon water containers available to replace the water as necessary.
- When the temperature exceeds 90 degrees, ice is carried in separate containers, so that when necessary, it is added to the drinking water to keep it cool.
- The water is placed as close to the workers as possible, but no more that 50 feet away. If terrain prevents the water from being placed as close as possible to the workers, bottled water or individual containers are provided to the workers in order from them to have drinking water readily accessible.
- Water containers are relocated as necessary as the crew moves to different areas so ensure that drinking water is readily accessible.
- Supervisors and crew leaders will alternate the task of cleaning the water containers and ensuring that they are kept in a sanitary condition. All cleaning supplies are provided to our employees at no charge.
- Supervisors are reimbursed for any cost incurred by them to fill up water containers as needed on a daily basis or to purchase disposable cups or cleaning supplies.
- The supervisor or crew leader uses an audible device (whistles, air horns, or bull horns) to remind employees to drink water.
- When the temperature equals or exceeds 95 degrees or during a heat wave, the number of water breaks is increased as is the number of reminders to do so.

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Access to Shade

- Shade structures are brought to the site which accommodates the number of employees on recovery or rest periods and either chairs, benches, sheets, towels or any other items that allow employees to sit and rest in a normal posture fully in the shade without having to be in physical contact with each other.
- Shade structures are opened and placed as close as practical to the workers, when the temperature equals or exceeds 80 degrees. Subject to the same specifications, the amount of shade present during meal periods shall be at least enough to accommodate the number of employees on the meal period who remain onsite. When the temperature is below 80 degrees, the shade structures are brought to the site, but are only opened and set in place upon worker(s) request. These areas contain fans and/or cool mist sprays. NOTE: The interior of a vehicle may not be used to provide shade unless the vehicle has air conditioning and the air conditioner is on.
- The location of shade structures is pointed out daily to the workers as well as allowing and encouraging employees to take a preventative cool-down rest in the shade when they feel the need to do so to protect their bodies from overheating. Such access to shade shall be permitted at all times. An individual employee who takes a preventative cool-down rest (A) shall be monitored and asked if he or she is experiencing symptoms of heat illness; (B) shall be encouraged to remain in the shade; (C) shall not be ordered back to work until any signs or symptoms of heat illness have abated, but in no event less than 5 minutes in addition to the time needed to access the shade. If an employee exhibits signs or reports symptoms of heat illness while taking a preventative cool-down rest or during a preventative cool-down rest period, the supervisor shall provide appropriate first aid or emergency response.
- Shade structures are relocated, if necessary, to follow along with the crew and double check that they are as close as practical to the employees, so that access to shade is provided at all times.
- In situations where trees or other vegetation are used to provide shade (such as in orchards), and evaluation is completed as to the thickness and shape of the shaded area (given the changing angles of the sun during the entire shift) before assuming that sufficient shadow is being cast to protect the employees.
- In situations where it is not safe to provide shade (for example winds of more than 40 mph), this fact is documented on the Daily Checklist (see APPENDIX) including what steps were taken to provide shade upon request or other alternative cooling measures with equivalent protection.

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Monitoring the Weather

- Two weeks in advance (or as many days in advance as possible), the designated employee researches the expected forecast in order to plan in advance the work schedule, know whether a heat wave is expected, and if additional schedule modifications will be necessary. This type of monitoring continues throughout the summer months.

www.nws.nooa.gov

California Dial-A-Forecast:	707-443-7062	Eureka
	559-584-8047	Hanford
	805-988-6610 #1	Los Angeles
	916-979-3051	Sacramento
	858-297-2107 #1	San Diego
	831-656-1725 #1	San Francisco

- Prior to each work day, the forecasted temperature and humidity for the work site is reviewed and compared against the National Weather Service Heat Index (see APPENDIX) to evaluate the risk level for heat illness. For example, whether or not workers will be exposed at a temperature and humidity characterized as either "extreme caution" or "extreme danger" for heat illnesses such as heat stroke. The temperature at which these warnings occur is lowered by as much as 15 degrees if the workers under consideration are working in direct sunlight.
- During the work day, the weather is monitored approximately ever hour (using the website www.nws.nooa.gov or with the aid of a simple thermometer). This critical weather information is used to determine when it may be necessary to make modifications to the work schedule (such as stopping work early, re-scheduling the job, working at night or during the cooler hours of the day, increasing the number of water and rest breaks).
- Monitoring for sudden increases in temperature using a thermometer approximately every hour is to ensure that once the temperature exceeds 85 degrees, the shade structures are opened and accessible to the workers and to ensure that once the temperature equals or exceeds 95 degrees, additional preventive measures as outlined in the High Heat Procedures below.

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High Heat Procedures (Temperature equals or exceeds 95 degrees)

- When temperatures reach 95 degrees or above, the supervisor shall ensure that the employee takes a minimum ten minute cool-down period every two hours. The preventative cool-down rest period may be provided concurrently with any other meal or rest period if the timing of the preventative cool-down period coincides with a required meal or rest period thus resulting in no additional cool-down rest period required in an eight-hour workday. If the workday extends beyond the ten hours, then another preventative cool-down rest period will be required at the conclusion of the tenth hour and so on.
- Effective communications by voice, observation, or electronic means is maintained so that employees at the work site can contact a supervisor when necessary. If the supervisor is unable to be near the workers to observe them or to communicate with them, then an electronic device such as a cell phone or text messaging device is used for this purpose if the reception in the area is reliable.
- The supervisor or crew leader increases observation of employees for alertness and signs and symptoms of heat illness.
- Designating one or more employee on each worksite as authorized to call for emergency services when no designated employee is available.
- The supervisor or crew leader increases reminders to the employees to drink plenty of water during the shift.
- Pre-shift meetings before the commencement of work to review the high heat procedures, encourages employees to drink plenty of water, and remind employee of their right to take a cool-down rest when necessary.

Handling a Heat Wave

- During a heat wave or spike (a sudden increase in daytime temperature of 10 degrees or more) the work day is cut short (example at noon), and is rescheduled (conducted at night or during cooler hours), or if possible ceased for the day.
- If modifications are not possible and workers must work during a heat wave, the supervisor or crew leader conducts a tailgate meeting to reinforce heat illness prevention with emergency response procedures, and review the weather forecast with the workers. In addition, the supervisor or crew leader institutes alternative preventive measures such a providing workers with an increase in the number of water breaks and rest periods every 30 minutes to an hour and ensure that workers

do stop work to take these breaks and observe closely all workers for signs and symptoms of heat illness.

- During a heat wave or spike (a sudden increase in daytime temperature of 10 degrees or more) at the start of the work day, the supervisor or crew leader holds a tailgate meeting with the workers to review all relevant Heat Illness Prevention Procedures, the weather forecast, and emergency response procedures.

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Acclimatization

- The supervisor or crew leader monitors the weather and in particular is on the look out for sudden heat waves or increases in temperatures to which employees have not been exposed to for several weeks or longer.
- During a heat wave or heat spike (a sudden increase in daytime temperature of 10 degrees or more) the work day is cut short (example at noon) or re-scheduled (conducted at night or during cooler hours), or if possible ceased for the day.
- During the hot summer months, the work shift may start on hour earlier in the day or later in the evening.
- For new employees, the supervisor or crew leader finds ways to lessen the intensity of the employee's work during a two-week break-in period (such as scheduling slower paced, less physically demanding work during the hot parts of the day and heaviest work activities during the cooler parts of the day (early morning or evening). Steps taken to lessen the intensity of the work load for new employees are documented by the supervisor or crew leader.
- The supervisor or crew leader is extra vigilant with new employees and stays alert to the presence of heat illness related symptoms.
- During a heat wave, the supervisor or crew leader observes all employees closely (or maintain frequent communications via cell phone or radio), and constantly observe employees for possible symptoms of heat illness.

Emergency Response Procedures

- Prior to assigning a crew to a particular worksite, the supervisor or crew leader provides workers a map along with clear and precise directions (such as streets or road names, distinguishing features, and distances to major roads) of the site to avoid any delay of emergency services.
- Prior to assigning a crew to a particular worksite, the supervisor or crew leader ensures that a qualified, appropriately trained and equipped person will be available at the site, to render first aid if necessary.
- Prior to the start of the shift, the supervisor or crew leader determine if a language barrier is present and takes steps (such as assigning the responsibility of contacting emergency medical services to an English

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speaking worker) to ensure that emergency medical services can be immediately called in the event of an emergency.

- All supervisors and crew leaders carry cell phones or other means of communication to ensure that emergency medical services can be called and check that these devices are functional at the worksite prior to each shift.
- When an employee is exhibiting symptoms of possible heat illness the supervisor or crew leader take immediate steps to move the victim out of the sun and keep them cool and comfortable until emergency service responders arrive to reduce the progression to a more serious level.
- At remote locations such as rural farms, lots, or undeveloped areas, the supervisor or crew leader designates an employee or employees to physically go to the nearest road or highway where emergency responders can see them. If daylight is diminished, the designated employee(s) is to wear a reflective vest and carry a flashlight in order to direct emergency personnel to the location of the worksite which may not be visible form the road or highway.
- During a heat wave or hot temperatures, workers are frequently reminded and encouraged to immediately report any signs or symptoms of heat illness that they may be experiencing.
- Heat Illness Training for our employees and supervisors includes the details of these written emergency procedures.

Caring for a Sick Employee

- When an employee displays possible signs or symptoms of heat illness, a trained first aid worker, supervisor, or crew leader check the employee to determine whether resting in the shade and drinking cool water will suffice or if emergency services need to be contacted.
- When an employee displays possible signs or symptoms of heat illness and no trained first aid worker or supervisor is available at the site, employees immediately call for emergency medical services.
- Emergency medical services is contacted immediately if an employee displays signs or symptoms of heat illness such as loss of consciousness, incoherent speech, convulsions, flushed hot face, does not look OK or does not improve after drinking cool water and resting in the shade. While emergency medical services

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is in route, first aid is initiated by cooling the worker in the shade, removing any excess layers of clothing, placing an ice pack in the armpits, at the back of the neck, and groin area, and fanning the

victim. A sick worker is not allowed to leave the site as they can become lost or die when not being transported by ambulance and treatment has not begun by paramedics before arriving at the hospital.

- If an employee does not look OK and is displaying serious signs or symptoms of heat illness and the worksite is located more than 20 minutes away from a hospital emergency medical services is notified and a request for an Air Ambulance is made.

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8.0 Records:

All training, audit, and other records prepared in association with the Heat Illness Prevention Policy are maintained and managed in accordance with the requirements of our Injury and Illness Prevention Program.

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9.0 Appendices

Employee Training Roster

Daily Site Checklist

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HEAT ILLNESS PREVENTION PLAN
DAILY CHECKLIST

Facility: United Marble & Granite

Name of Employee: _____ **Date of Inspection:** _____

ACCESS TO WATER:

☐ There is enough fresh, cool drinking water for each employee to drink at least one quart per hour (this equals on liter or 4 cups per hour). It is located where all workers have ready access. Single-use cups are provided.

SHADE:

☐ There is shade available for breaks and if employees need to recover (umbrella, canopy, or other portable structure).

☐ Not safe due to

_____.

Shade provided at:

_____

.

ACCLIMATIZATION: (During heat wave, check for all workers.)

☐ Any employees who have not been working more than two weeks in the heat, or who had symptoms the previous day, have been identified and provided accommodations in work load or work schedule.

☐ Head counts are taken at appropriate intervals and before, during, and after the shift

WORK REMINDERS:

☐ Workers have been reminded and encouraged to:

- take breaks in the shade provided
- rest for at least 5 minutes when they feel the need to do so and not wait until they feel sick to take a rest
- drink 1 quart of water every hour even if they do not feel thirsty, and know where the water supply is located
- look out for one another and report any signs or symptoms to the supervisor or crew leader

EMERGENCY PREPAREDNESS:

☐ Communication devices (telephones, radios, whistles, bullhorns, and etc.) have been verified to be in working order

☐ Someone in the field has a telephone, radio, or other means of communication and knows who to contact in case of an emergency and how to describe our exact location. Today, this task has been assigned to:

_____.

HEAT ILLNESS PREVENTION PLAN
TRAINING DOCUMENTATION

Facility: United Marble & Granite

Name of Employee (Please Print):	Date of Training:
Dept.:	Trained By:

- Consequences of Heat Illness
- Regulatory References
- What Heat Illness Is:
  - Types of Heat Illness
    - Symptoms
    - Prevention
    - First Aid Measures
    - Sunburn
    - Heat Rash
    - Heat Cramps
    - Heat Exhaustion
    - Heat Syncope
    - Heat Stress
- Heat Illness Risk Factors:
  - Environment
  - Personal
  - Temperature
- Immediately Reporting Symptoms of Heat Illness
- Importance of Hydration
- Explanation of Definitions:
  - Acclimatization
  - Shade
  - Consumption of Fluids
  - Temperature Monitoring
  - Recovery Period
- Emergency Response Procedures

I hereby certify that I have received the above-mentioned training
Employee's Signature: _____ Date: _____