

10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

Our Webinar Will Begin Shortly



10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

Rob Harrington Risk Management Consultant

Stacey DeVries Risk Management Consultant



TODAY'S PRESENTERS



Rob Harrington

Risk Management Consultant



Stacey DeVries

Risk Management Consultant



WHAT YOU'LL LEARN

- How to increase awareness of heat illness
- How to prevent heat illness
- Actionable safety tips
- Regulatory language

TOPICS

- What is Outdoor Heat Illness?
- Regulations & Consequences
- 10 Steps to Beat the Heat Outdoors
- What to Do in High Heat
- Helpful Resources
- Q&A

HEAT ILLNESS CAN BE DEADLY

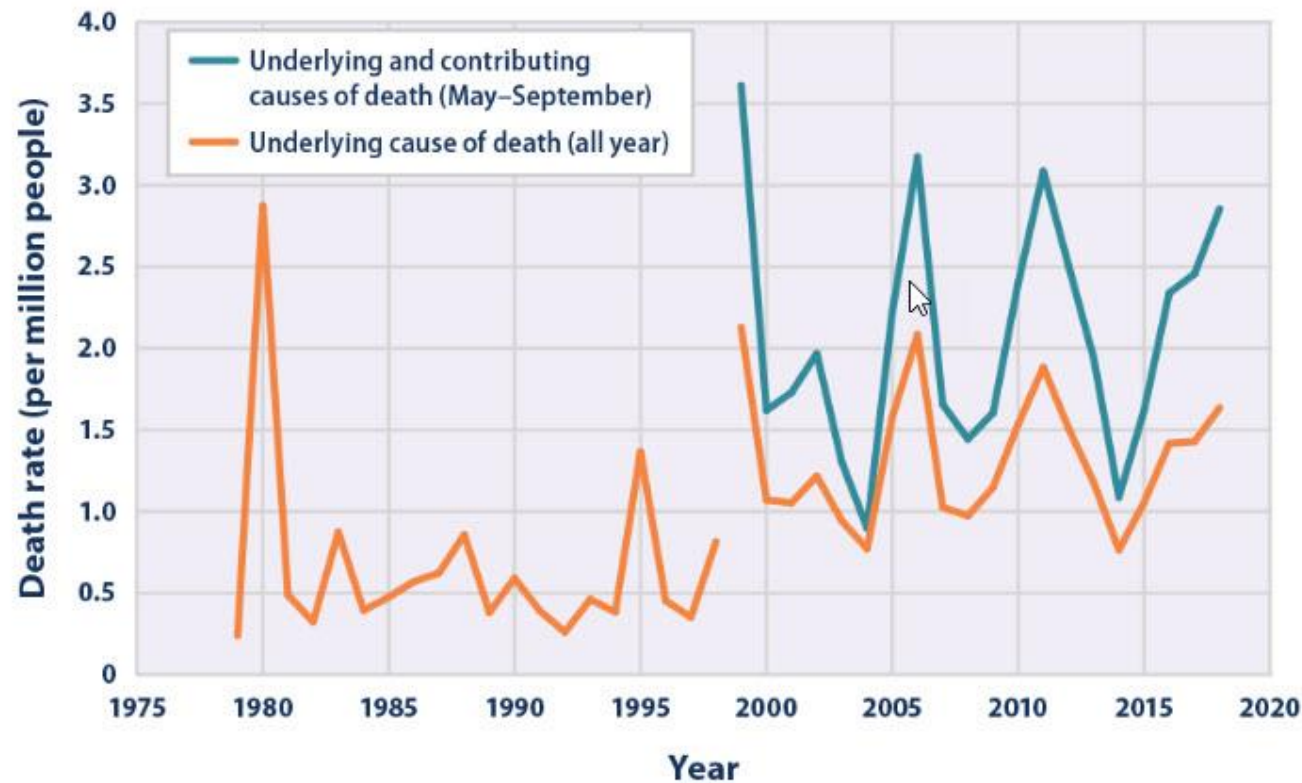
*“Environmental heat exposure contributed to **37** work-related deaths and **2,830** nonfatal occupational injuries and illnesses in 2015. Nearly 90% occurred from June through September..”*

Bureau of Labor Statistics



HEAT RELATED DEATHS

Heat Stroke and Illness Deaths in US, 1979 - 2018



10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

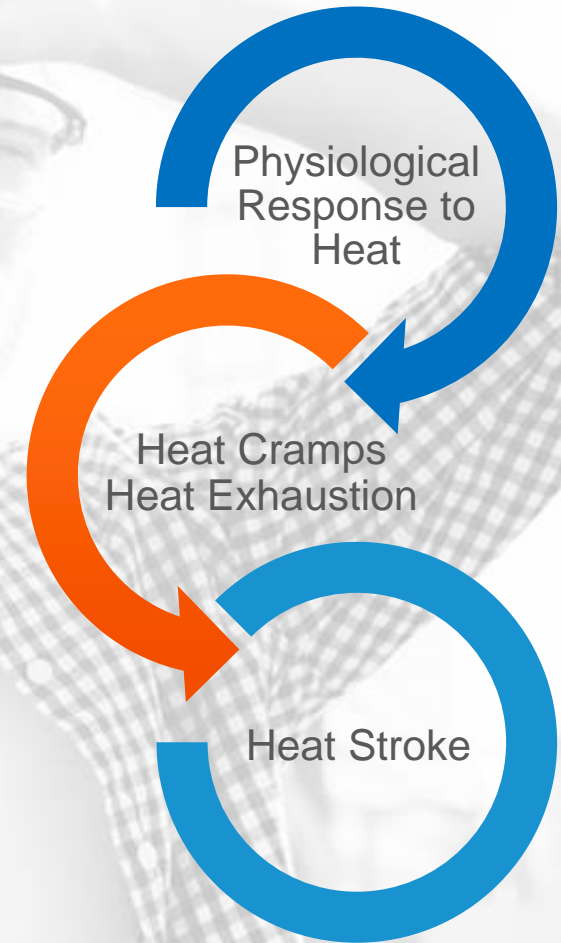
What is Outdoor Heat Illness?



HEAT ILLNESS DEFINED

Excessive sweating = dehydration

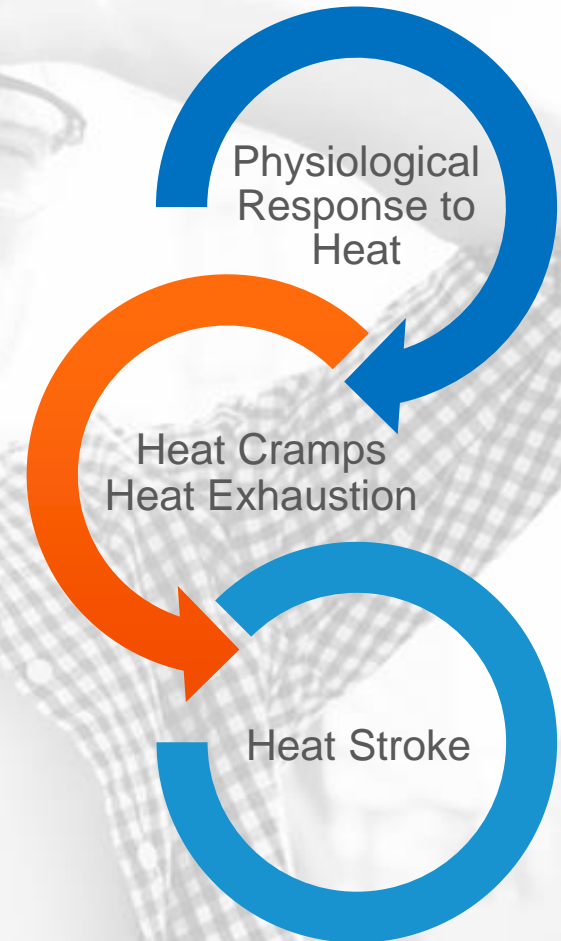
- The body loses ability to cool
- Increased blood flow to skin causes decrease in organ function
- Leads to heat cramps, heat exhaustion and heat stroke



HEAT STRESS

Excessive Loss of Electrolytes

- Painful cramps are early warning signs
- Usually in legs or abdomen
- Stop activity, hydrate, rest in cool place!
- Get medical attention if condition continues



HEAT EXHAUSTION

Water depletion:

- Excessive thirst
- Weakness
- Headache
- Loss of consciousness

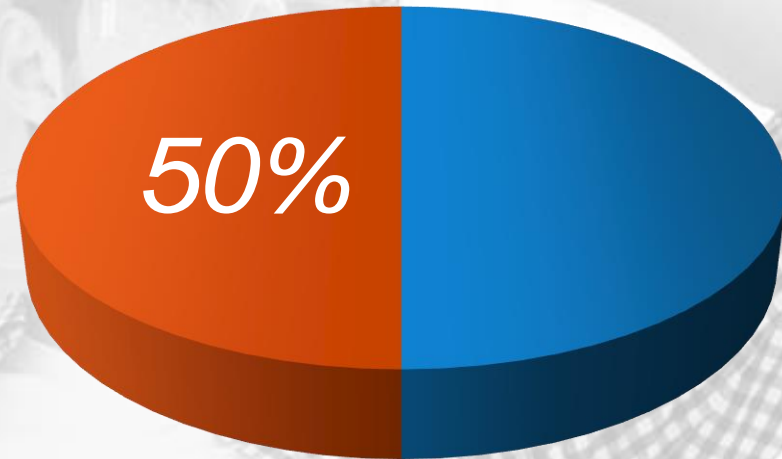
Salt depletion:

- Nausea
- Vomiting
- Muscle cramps
- Dizziness

***STOP ACTIVITY AND SEEK
TREATMENT IMMEDIATELY***

HEAT STROKE

- Cooling mechanism shuts down
- Can kill or cause brain damage
- Targets over 50, young athletes, obese, disabled



50% die even with medical attention

KNOW THE DIFFERENCE

Poster will be provided after this webinar



KNOW THE DIFFERENCE!

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or Dizzy		Throbbing Headache
Excessive Sweating		No Sweating
Cool, Pale, Clammy Skin		Body Temperature above 103° Red, Hot, Dry Skin
Nausea or Vomiting		Nausea or Vomiting
Rapid, Weak Pulse		Rapid, Strong Pulse
Muscle Cramps		May Lose Consciousness

- Get to a cooler, air conditioned place
- Sip water if fully conscious
- Take a cool shower or use cold compresses
- Lie down, loosen clothing

CALL 9-1-1

Take immediate action to cool the person until help arrives

10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

Regulations & Consequences



RESPONSIBILITIES

- Provide a workplace free from serious hazards
- Examine workplace conditions
- Establish and communicate procedures
- Ensure employees follow safety and health requirements

RESPONSIBILITIES

- Provide safety training in language and vocabulary workers understand
- Adopt Injury and Illness Prevention Program

Preventing Heat Illness and Keeping Employees Safe is Your Responsibility

CONSEQUENCES

Outdoor temperature exceeds 80°F...

If any of the required elements are not present:

- Trained Employees or Supervisor
- Drinking Water
- Emergency Response Procedures
- Shade

You Risk a Serious Citation



CONSEQUENCES

Order Prohibiting Use (OPU) may be issued:

- Temperature is $\geq 95^{\circ}\text{F}$
- Water, shade, training or emergency procedures not in place
- Temperature is $\geq 80^{\circ}\text{F}$ and there are critical factors putting employees in danger

An OPU will:

- Shut down operations
- Work will not be allowed to resume until the imminent hazard is corrected

10 STEPS TO BEAT THE HEAT & KEEP COOL OUTDOORS

10 Steps to Beat the Heat Outdoors

10 TIPS TO BEAT THE HEAT OUTDOORS

Heat illness is preventable! Staying cool outdoors is a must when trying to work at your best effort.

- ACCLIMATIZE**
Get used to the heat before it gets you!
- WATCH HEAT**
Monitor the weather for heat conditions*
- DRINK UP!**
Be sure to drink a quart of cool water per hour
- ACCESS TO SHADE**
Provide one or more areas close to worksite
- COOL DOWN**
Use designated shade areas, wet towels, fans
- EMERGENCY PLAN**
Have procedure ready before emergencies happen
- WRITE IT DOWN**
Have written steps in place and add to ILOPP
- TRAIN MANAGERS**
Have supervisors trained and ready to act on plan
- TRAIN EVERYONE**
Help all employees recognize warning signs
- OBSERVE & ACT**
Don't wait – keep employees safe!

EMERGENCY? Call 911

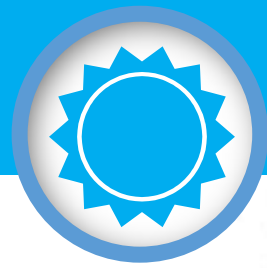
Know the symptoms of heat stress. Stay hydrated. Be on the lookout for signs of heat related illness. Don't wait, act on heat stress immediately! Learn more at icwgroup.com/safety

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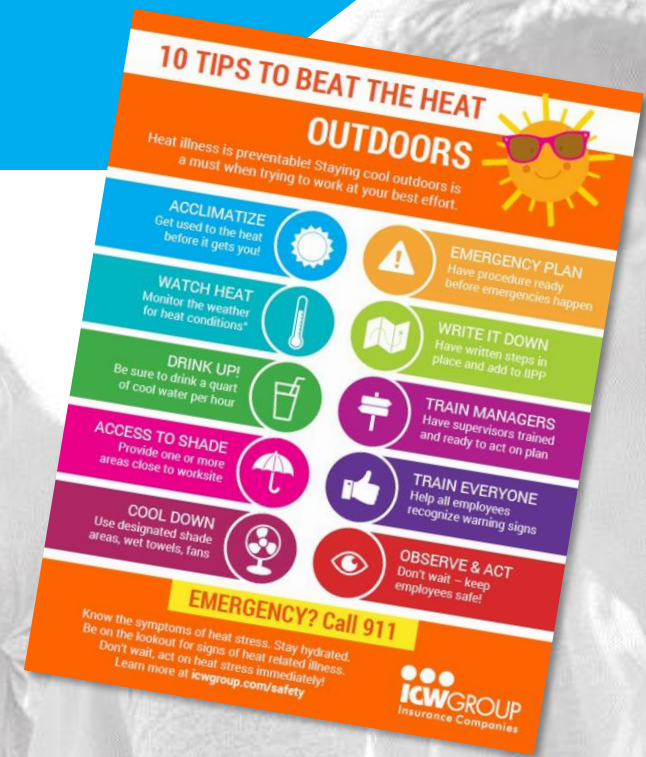
TEN STEPS TO BEAT THE HEAT

1. Acclimatization
2. Watch the Heat
3. Drink Up
4. Access to Shade
5. Cool Down
6. Emergency Plan
7. Write it Down
8. Train Managers
9. Train Everyone
10. Observe & Act



1. ACCLIMATIZATION

- Lessen intensity/shift length for new employees
- Closely observe those newly assigned for first 14 days
- Be extra-vigilant to recognize symptoms
- Modify work schedules
- Reschedule nonessential duties

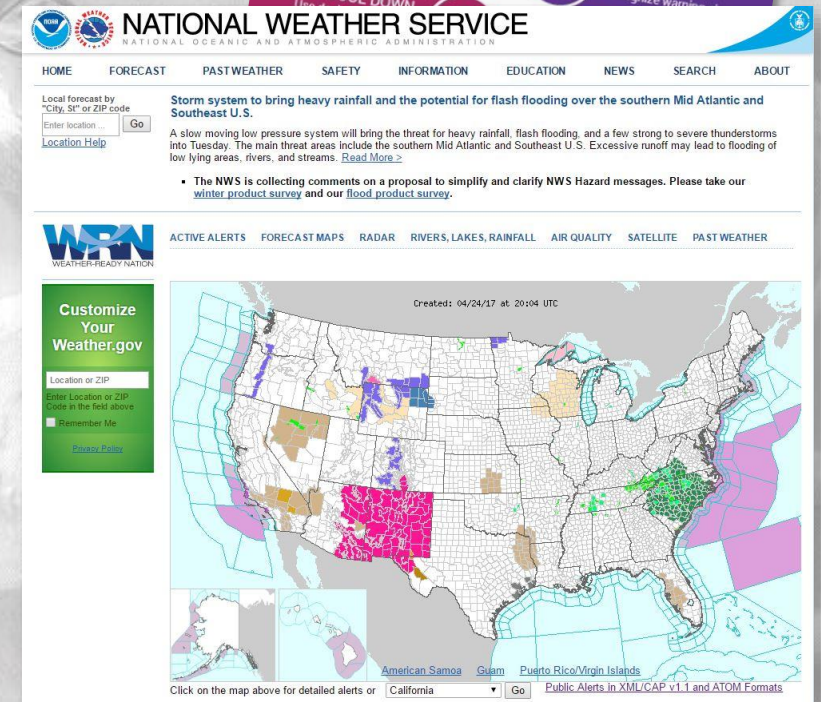


2. WATCH HEAT



Monitor weather at worksite

- Plan & communicate how weather information impacts:
 - Work schedules
 - Water intake
 - Rest breaks





3. DRINK UP!

Potable drinking water must be available to employees, at no cost

- Maintain sufficient pure and cool drinking water
- Provide at least one quart per employee per hour for entire shift!





4. ACCESS TO SHADE

Must be permitted at all times!

BELOW 80°F

- Provide access to shade on request

ABOVE 80°F

- Provide to all employees for:
 - Recovery time
 - Rest periods
 - Meal periods





4. ACCESS TO SHADE

Have 1 or more areas of shade available

- Locate as close as practical to worksite
- Must not cause exposure to another health or safety hazard





5. COOL DOWN

Encourage employees to cool-down in shade

- Provide wet towels and items to facilitate cooling
- Supply with cool water
- Monitor employees on cool-down

10 TIPS TO BEAT THE HEAT OUTDOORS

Heat illness is preventable! Staying cool outdoors is a must when trying to work at your best effort.

- ACCLIMATIZE** Get used to the heat before it gets you!
- WATCH HEAT** Monitor the weather for heat conditions*
- DRINK UP!** Be sure to drink a quart of cool water per hour
- ACCESS TO SHADE** Provide one or more areas close to worksite
- COOL DOWN** Use designated shade areas, wet towels, fans
- EMERGENCY PLAN** Have procedure ready before emergencies happen
- WRITE IT DOWN** Have written steps in place and add to BPP
- TRAIN MANAGERS** Have supervisors trained and ready to act on plan
- TRAIN EVERYONE** Help all employees recognize warning signs
- OBSERVE & ACT** Don't wait – keep employees safe!

EMERGENCY? Call 911

Know the symptoms of heat stress. Stay hydrated. Be on the lookout for signs of heat related illness. Don't wait, act on heat stress immediately! Learn more at icwgroup.com/safety

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5. COOL DOWN

Ask if they're experiencing signs of heat illness

- Don't let employees back to work until symptoms abate
- Take appropriate first aid steps or emergency response

10 TIPS TO BEAT THE HEAT OUTDOORS

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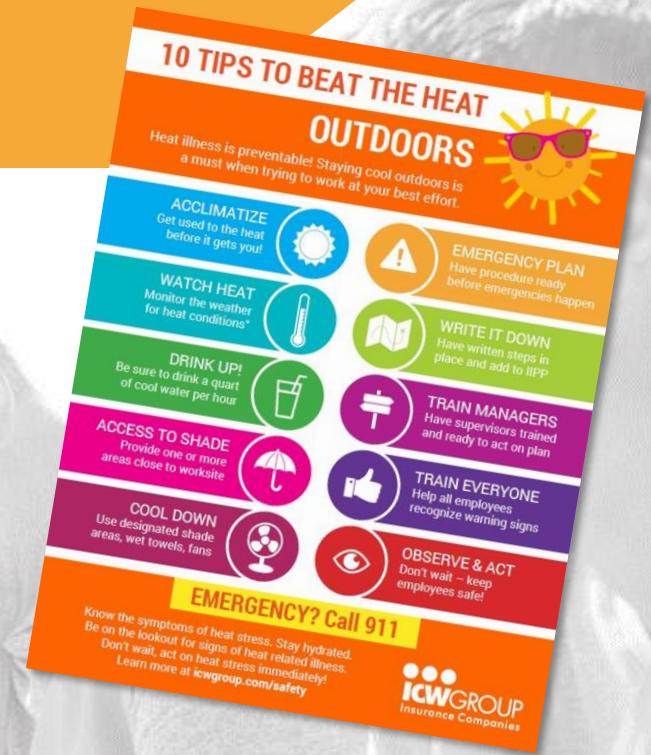
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6. EMERGENCY PLAN

Have procedures in place for:

- Effective communication
- Response to signs of possible heat illness
- Supervisor to take immediate action
- Implementing emergency response procedures if serious heat illness occurs

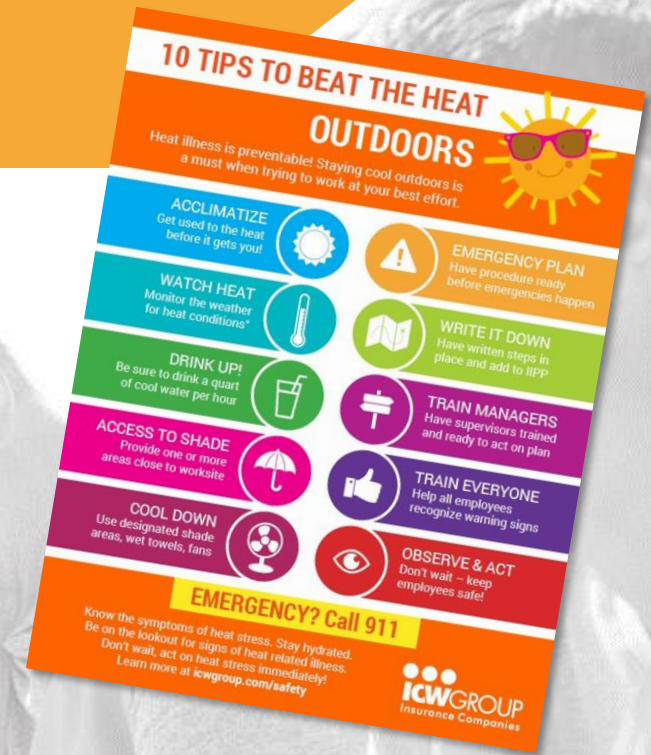




6. EMERGENCY PLAN

Have procedures in place for:

- Monitoring employees exhibiting signs of heat illness shall be monitored
- Onsite first aid and appropriate emergency medical services
- Contacting emergency medical services
- Ensuring clear and precise directions to the worksite





7. WRITE IT DOWN

Integrate effective outdoor Heat Illness Procedures into IIPP

- Have accessible to employees and OSHA
- Provide in English and language understood by majority of employees



Heat Illness Prevention Plan

Protect employees who work outdoors or in hot environments from heat illness

Introduction

[Organization Name] understands that employees who work in hot environments for extended periods of time are at risk for heat-related illnesses and that every employee has the right to a heat-illness-free workplace.

[Organization Name] is committed to taking every precaution to protect employees who might be exposed to heat stress, including establishing safe work practices, heat illness prevention controls, and emergency preparedness, which will be detailed in this plan. [Organization Name] complies with local, state, and federal regulations and follows best practices.

Terms:

- **Heat stress:** Stress on the body due to high temperatures or exertion, which can lead to heat illness if unchecked
- **Heat illness:** Illnesses that develop as a result of heat stress, including heat cramps, heat exhaustion, and heat stroke
- **Acclimatization:** The physical process of adapting to a different thermal environment, allowing a better toleration of heat
- **Heat wave:** Consistent temperatures over 80°F or anytime the temperature is 10° higher than the average high daily temperature in the preceding five days

Topic outline:

1. Responsibilities	2
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Provided by ICW Group Workers' Compensation, Risk Management Services

Heat Illness Prevention Plan - Policy 1



7. WRITE IT DOWN

Detail how your company will:

- Address acclimatization methods and procedures
- Monitor weather
- Provide access to water, shade and cool-down areas
- Institute high heat procedures





7. WRITE IT DOWN

Detail how your company will:

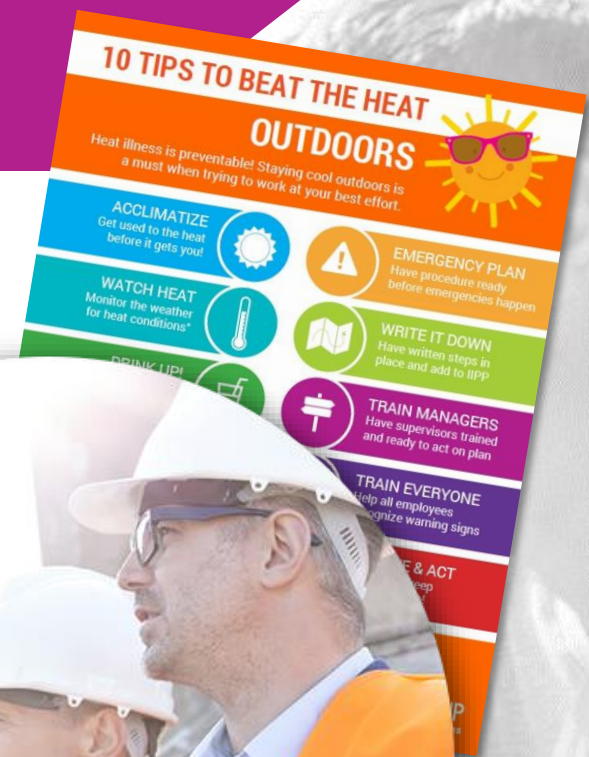
- Train employees and supervisors
- Respond to heat illnesses without delay
- Provide first aid and emergency services
- Provide clear and precise directions to worksite





8. TRAIN MANAGERS

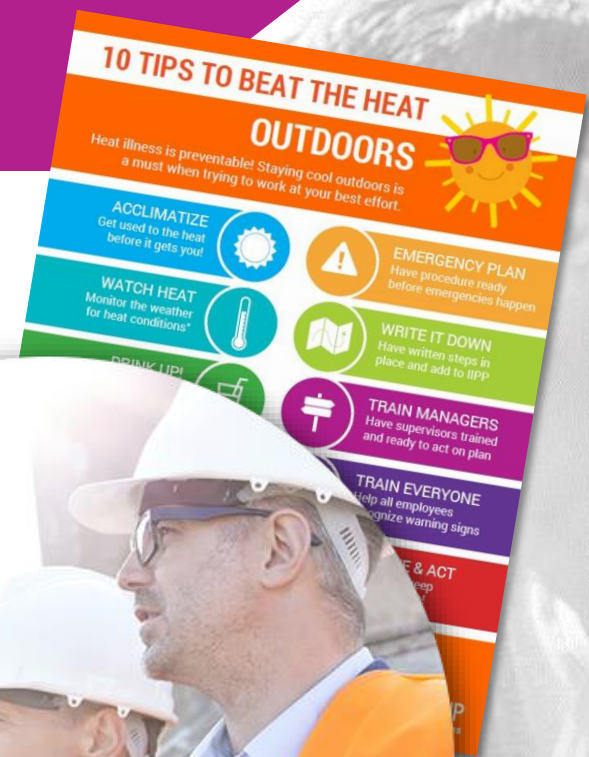
- Before “heat stress” conditions occur
- Heat standard requirements
- Company plan and procedures
- How to monitor temperatures
- Response to hot weather advisories





8. TRAIN MANAGERS

- How and when to implement plan
- How to recognize heat illness symptoms
- What to do if heat illness is suspected
- How to monitor weather reports and respond to weather advisories





9. TRAIN EVERYONE

- Environmental and personal risk factors
- Added burden of heat load on body
- Your company's Heat Illness Plan
- Accessibility to:
 - Water
 - Rest & cool-down
 - First aid





9. TRAIN EVERYONE

- Importance of frequent, small quantities of water
- Different types of heat illness
- Common signs and symptoms
- Appropriate first aid
- Emergency response
- Knowledge that heat illness can progress rapidly



Stay safe and healthy!
WATER. REST. SHADE. *The work can't get done without them.*

Drink water even if you aren't thirsty – every 15 minutes.

Rest in the shade.

Watch out for each other.

Wear hats and light-colored clothing.

2 "Easy does it" on your first days of work in the heat. You need to get used to it. Rest in the shade – at least 5 minutes as needed to cool down.

Health effects of heat
 Two types of heat illness:

Heat Exhaustion

Heat Stroke

1 Watch out for early symptoms. You may need medical help. People react differently – you may have just a few of these symptoms, or most of them.



9. TRAIN EVERYONE

- The concept, importance, and methods of acclimatization
- Importance of immediately reporting signs to supervisor
- Procedures for responding to heat illness



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Health effects of heat
 Two types of heat illness:

Heat Exhaustion

Heat Stroke

1 *Watch out for early symptoms. You may need medical help. People react differently – you may have just a few of these symptoms, or most of them.*



10. OBSERVE & ACT

- Don't wait - follow procedures
- Designated employee invokes emergency procedures
- Provide first aid
- Stay with worker
- Contact 911
- Supply precise directions

10 TIPS TO BEAT THE HEAT OUTDOORS



Heat illness is preventable! Staying cool outdoors is a must when trying to work at your best effort.

ACCLIMATIZE Get used to the heat before it gets you!		 EMERGENCY PLAN Have procedure ready before emergencies happen
WATCH HEAT Monitor the weather for heat conditions*		 WRITE IT DOWN Have written steps in place and add to IIPP
DRINK UP! Be sure to drink a quart of cool water per hour		 TRAIN MANAGERS Have supervisors trained and ready to act on plan
ACCESS TO SHADE Provide one or more areas close to worksite		 TRAIN EVERYONE Help all employees recognize warning signs
COOL DOWN Use designated shade areas, wet towels, fans		 OBSERVE & ACT Don't wait – keep employees safe!

EMERGENCY? Call 911

Be on the lookout for signs of heat related illness. Don't wait, act on heat stress immediately! Learn more at icwgroup.com/safety

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10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

What to Do In High Heat



WHAT TO DO IN HIGH HEAT

High Heat: Temperature equals or exceeds 95°F

Typical industries impacted:

- Agriculture
- Construction
- Landscaping
- Oil and Gas Extraction
- Transportation



WHAT TO DO IN HIGH HEAT

High Heat: Temperature equals or exceeds 95°F

Procedures

- Hold pre-shift meetings on prevention
- Give frequent reminders to drink plenty of water
- Observe employees for alertness and signs of heat illness
- Designate one or more employees to call for emergency services



WHAT TO DO IN HIGH HEAT

High Heat: Temperature equals or exceeds 95°F

Agricultural Employers:

- Ensure effective communication by voice and observation. Cell phone may be used in areas with reliable reception
- Ensure employees take a 10 minute cool-down every 2 hours
- 10 minute cool-down at end of 8th and 10th hour of work



WHAT TO DO IN HIGH HEAT



High Heat: Temperature equals or exceeds 95°F

- Supervisor or designee has 20 or fewer employees under supervision
- Mandatory buddy system or...
- Regular communication with employees working alone by radio or cell phone
- Response to signs and symptoms of possible heat illness including but not limited to first aid measures and provide medical services
- Employees exhibiting signs or symptoms of heat illness shall be monitored and not be left alone or sent home without first being offered onsite first aid or provided with emergency medical services



10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

ICW Group Safety & Risk Resources



SAFETY & RISK WEBSITE

icwgroup.com/safety

- Webinar on demand
- Audio Interviews
- All references

The screenshot displays the ICW Group website's safety resources page. The top navigation bar includes links for Home, Claims, Payments, myResource, Safety, Fraud, HR Advice, and Contact. The main header features the ICW Group logo and a search icon. Below the header, there's a section for 'POLICYHOLDER CENTER' with a photo of Brian Talley, a Valued ICW Group Policyholder at Talley Vineyards. The page is titled 'Creating a Culture of Safety' and 'Risk management experts'. A featured webinar is highlighted: 'Beat the Heat & Keep Your Cool: Outdoors' on Thursday, June 27, 2019, from 11:00 am to 12:00 pm PT and 2:00 pm to 3:00 pm ET. A 'Register Now' button is provided. The page also includes a 'You'll learn' section with three bullet points: 'How to increase employee awareness', '10 steps to prevent heat illness', and 'Easy, actionable safety tips'. A 'Back to Safety Training Webinars' link is also visible.



10 STEPS TO BEAT THE HEAT & KEEP COOL OUTDOORS

SAFETY & RISK WEBSITE

icwgroup.com/safety

Additional Outdoor & California Heat Illness page with information

The screenshot shows the ICW Group Insurance Companies website. The top navigation bar includes Home, Claims, Payments, myResource, Safety, Fraud, HR Advice, and Contact. The main header features a 'POLICYHOLDER CENTER' with icons for 'Report a Claim', 'Make a Payment', and 'Log into myResource'. Below this, there are sections for 'Heat illness prevention materials' and 'Workers' Compensation'. The 'Heat illness prevention materials' section includes links to a 'Heat Illness Prevention Plan', a 'Heat Illness "Know the Difference"' document, and 'Tips to Prevent Indoor Heat Illness'. The 'Workers' Compensation' section has a 'QUESTION about safety?' box with a 'Contact Safety and Risk Management' link. A large '10 TIPS TO BEAT THE HEAT OUTDOORS' graphic is overlaid on the page.

10 TIPS TO BEAT THE HEAT OUTDOORS
Heat illness is preventable! Staying cool outdoors is a must when trying to work at your best effort.

- ACCLIMATIZE** Get used to the heat before it gets you!
- EMERGENCY PLAN** Have procedure ready before emergencies happen
- DRINK UP!** Drink a quart of water per hour
- TRAIN MANAGERS** Have supervisors trained and ready to act on plan
- SHADE** Use shade or more worksite
- TRAIN EVERYONE** Help all employees recognize warning signs
- DOWN** Get in the shade, use fans
- OBSERVE & ACT** Don't wait – keep employees safe!
- EMERGENCY? Call 911**

Agricultural Safety
Preventing heat stress

- Drink plenty of water throughout the day.
- Take regular breaks - in the shade, if possible.
- Wear lightweight, light-colored, loose-fitting, breathable clothing.
- Wear a hat with a wide brim or bill.
- Avoid alcohol, caffeinated drinks, and heavy meals.
- Know the symptoms- headache, nausea, dizziness, weakness, irritability, profuse sweating, and thirst.
- Notify your supervisor immediately if you or others show signs of heat stress.

KNOW THE DIFFERENCE!
HEAT EXHAUSTION OR HEAT STROKE

Heat Illness
Causes, Symptoms, Treatments

Heat Exhaustion: Faint or Dizzy, Excessive Sweating, Cool, Pale.

Heat Stroke: Throbbing Headache, No Sweating, Body Temperature above 103° Red, Hot, Dry Skin, Nausea or Vomiting, Rapid, Strong Pulse, May Lose Consciousness.

CALL 9-1-1
Take immediate action to cool the person until help arrives

Heat Illness Prevention Plan

Protect employees who work outdoors or in hot environments from heat illness.

Standards that employees who work in hot environments for extended periods are related illnesses and that every employee has the right to a heat-illness-free workplace.

committed to taking every precaution to protect employees who might be exposed to heat. This plan, which will be detailed in this plan, (Organization Name) complies with local, state and federal best practices.

is on the body due to high temperatures or exertion, which can lead to heat-related illnesses that develop as a result of heat stress, including heat cramps, heat exhaustion, and heat stroke.

The physical process of adapting to a different thermal environment, allowing a person to acclimate to a new environment. Acclimation occurs when the ambient temperature is over 80°F or anytime the temperature is 10°F higher than the daily temperature in the preceding five days.

1. Other Heat Controls..... 16

Heat Illness Prevention Plan - Policy

1. Other Heat Controls..... 16

Prevent heat stress with these

Learn how to avoid heat stress

Tips to Prevent Indoor Heat Illness

Promote heat illness prevention with these tips.

Download PDF

10 Tips to Beat the Heat Indoors Flyer

10 TIPS TO BEAT THE HEAT INDOORS

Post this flyer to encourage heat illness prevention.

Download PDF

Workers' Compensation

QUESTION
about safety?

Contact Safety and Risk Management

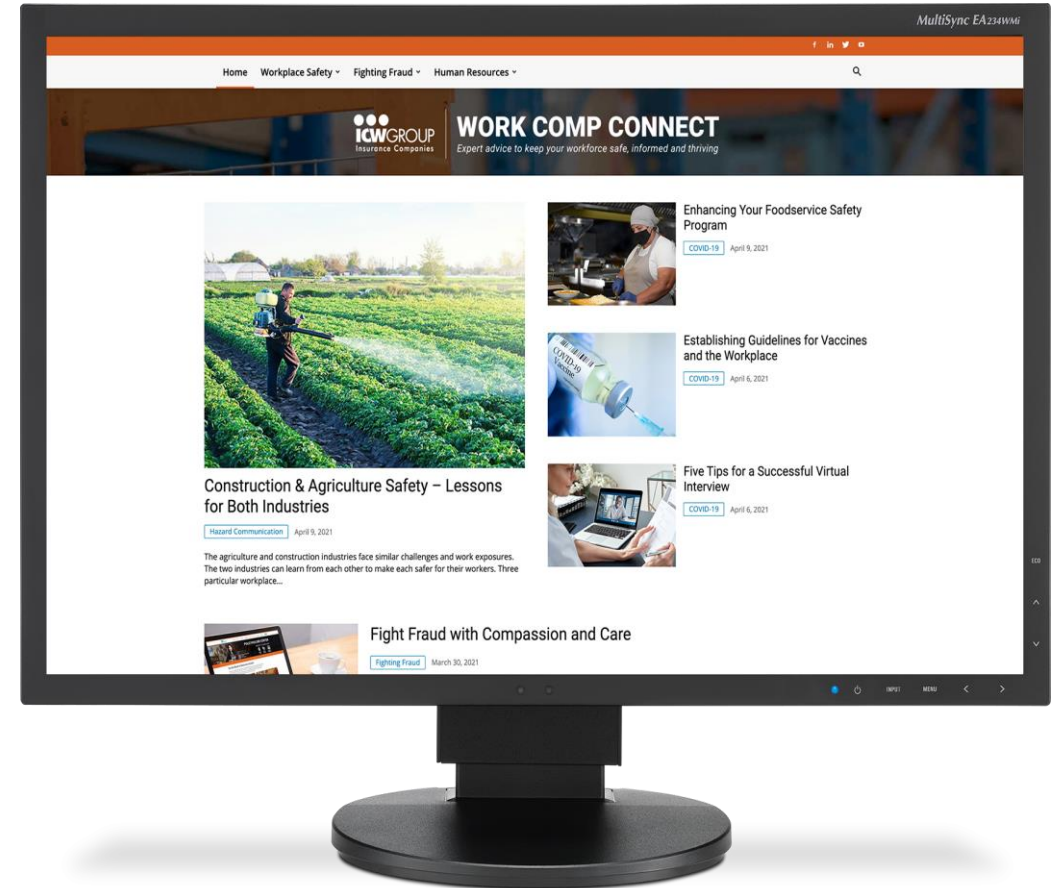
THE HEAT
COOL OUTDOORS

THE HEAT
KEEP YOUR COOL INDOORS

WORK COMP CONNECT

Blog.icwgroup.com

- Find more on heat illness
- Helpful articles on numerous safety topics, work comp fraud prevention and HR advice
- Written by ICW Group experts



10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

Questions?



10 STEPS TO BEAT THE HEAT & *KEEP COOL OUTDOORS*

Thank you!

*Webinar & safety
materials:
icwgroup.com/safety*

