

CORPORATE MESSAGE

HEAT STRESS



Heat Stress is a serious risk requiring attention and treatment. Our Heat Stress Management Program is detailed and mandatory for everyone to follow when the risk occurs.

Heat Index	Risk
80° - 92° F	Low
92° - 102° F	Moderate
102° - 118° F	High
> 118° F	Very High

Program activation occurs whenever the Heat Index is above 80 degrees F. A Heat Index exceeding 102 degrees F is a high-risk environment. Heat Index data comes from weather reports or smartphone apps.



When activated Program details are discussed In Job Briefings. The Job Briefing is one of our Keys to Life. Heat Stress Management emphasizes:

- Pace of work
- Rest breaks
- Fluid replacement.



Acclimatization - an individual's ability to adapt to conditions and tolerate heat stress.

New employees go through Acclimatization until they know how they react to the heat. Even regular employees returning from a long time off like vacation must be acclimatized. All employees must be aware of their personal risk factors.



Extreme care must be taken with anyone exhibiting signs of Heat Exhaustion and/or Heat Stroke. Get to a recovery area, get fluids and if signs persist take immediate emergency actions.

SAFETY VIDEOS

English: vimeo.com/townsendcorp/29ne

Spanish: vimeo.com/townsendcorp/29ns

GOALS REGIONAL/LOCAL OPERATIONS

Last Week

This Week

IMPORTANT REMINDER

DAILY SAFETY NUGGETS

MONDAY

What causes heat stress? Heat Stress results from the combination of outside environment and work demands.

TUESDAY

What are the effects of heat stress? Increased sweating, heart rate and body temperature are all effects of heat stress.

WEDNESDAY

When do heat related disorders occur? Heat-related disorders occur when the body does not successfully cope with a heat stress condition.

THURSDAY

What is the heat index? The heat index describes the effective outside temperature and the potential risk of Heat Stress. It combines air temperature and humidity. Risks range from Moderate to Very High. The heat index can be obtained from local weather reports or smartphone apps.

FRIDAY

What are the personal risk factors that occurring during heat stress? Personal risk factors may be an acute illness, age, weight or the use of prescription and non-prescription drugs.

SATURDAY

TRUE/FALSE.... Certain diseases and treatments can affect an employee's ability to work in the heat. TRUE: Employees with an acute illness should be encouraged to stay home until their tolerance to heat stress can be reduced.

DRIVE SAFETY TIP

Preventing a T-Bone Collision...

In the defensive driving world, we say, "the green light anticipator met the red-light procrastinator." The collision of these two is usually a "T-bone" - where the two vehicles meet at a 90-degree angle. It's not a "nice" collision. Pay attention to your driving so you aren't one of the oblivious red-light runners. And live to drive another day!

HEAT STRESS

Weekly Tailgate Sign-in

Company: _____

Location: _____

Supervisor: _____

Date: _____

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