

Why Make a Heat Illness Prevention Plan for your Workplace?

What is it?

A Heat Illness Prevention Plan is a plan that aims to help organizations / businesses minimize the dangers of extreme heat in the workplace

Extreme Heat = when the temperature is above 90 degrees regularly

Why should I make one?

- **To help protect your employees in extreme heat**
- **To have established protocols in case of a heat emergency**
- **To control for conditions that may be affecting your business**
- **To protect yourself during extreme heat**

How do I get started?

- **Think about business / organization: Are there heat guidelines set into place?**
- **Review the following checklist and see if your business / organization has the recommended trainings/ policies**

Heat Illness Prevention Plan Checklist

TRAINING

- Heat-Related Illnesses & Heat Emergency Management
- Worker Safety in the Heat
- Organizational Heat Policies
- How to File a Heat Incidence Report

MONITOR WEATHER & WORKPLACE CONDITIONS

- Monitor workplace conditions and take preventative measures when the temperature of a work place is above 70 degrees

HEAT HAZARD ASSESSMENT

- For workplaces above 70 degrees regularly, calculate the heat index and determine level of risk in employees. To conduct a heat hazard assessment you need information on: air temperature, humidity, wind speed, barometric pressure, cloud cover, longitude and latitude

IMPLEMENT HEAT-ILLNESS PREVENTION STRATEGIES

- Implement heat-reduction strategies appropriate to the level of risk in the workplace

PLAN FOR HEAT-RELATED MEDICAL EMERGENCIES

- Have adequate supervision, first aid and medical services available in case of a heat-related medical emergency

These are general recommendations for creating or updating a Heat Illness Prevention Plan, based on OSHA guidelines.

For more information, visit:

<https://www.osha.gov/sites/default/files/2021-07/Model%20Heat%20Illness%20Prevention%20Plan.pdf>

What is the Hierarchy of Control?

A theory of occupational protections for hazards in the workplace, ranked from most to least effective

What does that mean for me?

By incorporating these elements into your plan, you can protect yourself and your employees from the heat

What are the steps? From Most -> Least Effective

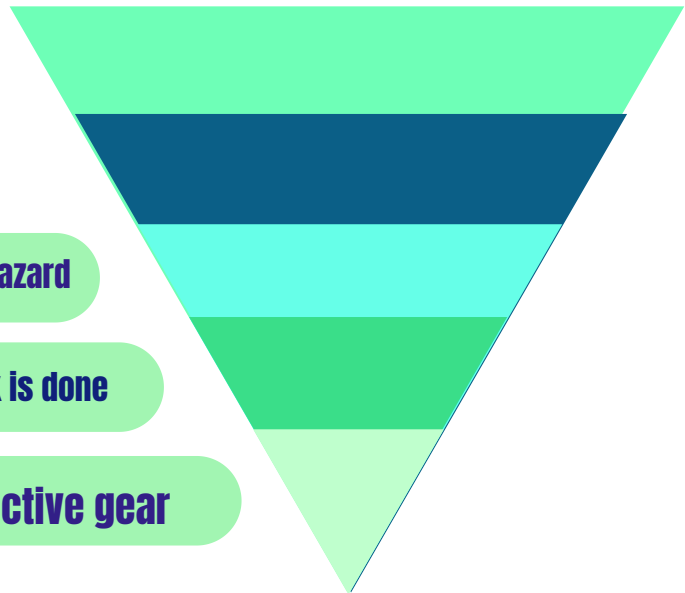
Elimination - stop the hazard

Substitution - replace the hazard

Engineering Controls - reduce exposure to the hazard

Administrative Controls - change the way work is done

PPE - Providing / using personal protective gear



How do I put that in a plan?

Think about different ways that your organization can stop, reduce, and protect against extreme heat

Heat Illness Prevention Plan Resources:

Heat-illness prevention plans:

For more information on heat illness prevention plans, visit:
<https://www.osha.gov/sites/default/files/2021-07/Model%20Heat%20Illness%20Prevention%20Plan.pdf>

Local heat training resources:

For local heat training resources, visit:
<https://seriaz.org/business-assistance/susan-harwood-heat-safety-training-program/>

Heat stress mobile app:

To learn more about the Heat stress app, visit:
<https://synergist.aiha.org/20240607-heat-stress-mobile-app>

Extreme weather alerts:

To learn more about extreme weather alerts, visit:
<https://www.weather.gov/safety/heat-ww>

Arizona extreme heat alerts:

To sign up for extreme heat alerts, visit:
<https://public.govdelivery.com/accounts/AZDHS/signup/37495>