

HIGH HEAT ALERT



DATE OF ISSUE:

TIME OF ISSUE:

The protection of our workers against heat injury and illness is of utmost important to us!

We carefully monitor and evaluate temperatures to ensure control measures are in place when temperatures meet or exceed _____ degrees Fahrenheit.

Hazardous heat can lead to sudden and traumatic injuries and heat-related illnesses can quickly become life threatening if not treated properly and promptly.

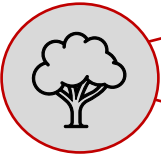
The current temperature is _____ degrees Fahrenheit. Follow these guidelines to protect your health:



Suitably cool water is provided to ensure you are able to prevent dehydration and overheating. Aim to drink at least one quart of water per hour and avoid caffeine. Drinks with electrolytes can assist with hydration.



You have a right to take paid rest breaks when needed to prevent heat-related illness. During the high heat alert, a 15-minute break is required every two hours with lunch counted as one of the required breaks.



Take rest breaks in shaded or air-conditioned areas provided at your work site. You are encouraged to remove PPE to promote additional cooling. Avoid taking breaks in areas where there is radiant heat from equipment or using the shade of heavy equipment.



Supervisors/heat safety coordinators will monitor employees for signs and symptoms of heat illness. Keep an eye out for your coworkers and communicate regularly with supervision or the heat safety coordinator for well-being checks.



Report signs or symptoms of heat stress IMMEDIATELY. Emergency contact information for this worksite is listed below. Follow first aid training protocols (attached) until additional advanced help arrives.

YOUR EMERGENCY CONTACT IS: _____

PHONE NUMBER: _____

NOTE: This Alert is intended to be used with the Heat Injury and Illness Prevention Plan (HIIPP)