

# HEAT STRESS PREVENTION PLAN FOR PRODUCTION

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*This Production is committed to worker safety. Heat Stress is a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion and heat stroke. This Heat Stress Prevention Plan (HSPP) has been instituted to help keep our employees protected when working in hot weather. The PM, with assistance from the Production Safety Representative, is responsible for overseeing and administering the HSPP.*

The Heat Illness Prevention Plan incorporates the following elements:

1. Provision of Water
2. Access to Shade
3. Written Procedures
4. Training

### PROVISION OF WATER

Water is a key preventive measure to reduce the risk of heat related illnesses.

#### Follow these steps

On hot weather days, to ensure adequate hydration:

1. At least 2 gallons of water per employee per 8 hour shift will be readily accessible.
2. Department Heads, Supervisors, and WB Safety will remind employees to drink water frequently.
3. Employees required to work outside will be provided with access to plenty of water, Gatorade-type drinks and ice.
4. Where plumbed water is not readily available, bottled water will be placed as close as possible to workers.
5. Plastic bottles and/or disposable cups will be made available.

### ACCESS TO SHADE

*Access to rest and shade or other cooling measures are important preventive steps to reduce the risk of heat related illnesses. Productions on the studio lots have access to air-conditioned buildings and tree-shaded areas in which employees can recover from the heat.*

When employees are required to work in exposed outdoor areas on hot weather days, the following steps will be taken:

1. Supervisors will ensure adequate shade or set up portable shade, close to the work area (preferably no more than 50 to 100 yards away).
2. Employees will be shown the nearest air conditioned building or vehicle in which they can cool down quickly.
3. Employees working in the sun should wear hats, sunglasses and sunscreen.

### WRITTEN PROCEDURES

*Written procedures help reduce the risk of heat related illnesses and ensure that emergency assistance is provided without delay. **In the event of a heat-related illness, call 911 (or the local emergency equivalent) with specific instructions regarding your location.***

On hot days, the following procedures will be initiated to reduce the risk of heat related stresses and help employees respond to possible symptoms:

1. A Safety Talk relating to heat stress prevention will be given to all employees at the start of their shift, or when the weather becomes warm.
2. ***In the event of a heat-related illness, employees shall call 911 (or the local emergency equivalent) with specific instructions regarding your location.***
3. Supervisors and/or employees will carry cell phones or two-way radios to ensure communication in the event of any emergency.
4. Employees should drink water and take rest breaks when needed.
5. Supervisors will monitor employees for symptoms of heat stress.
6. Co-workers will use a "buddy system" to watch each other closely for symptoms of heat stress.
7. Supervisors and employees will be encouraged never to discount any symptoms of heat illness and will immediately address them.
8. For off-lot locations, the Production shall post, along with this Heat Stress Prevention Plan, specific information regarding the location, including: street address and directions to location; name, address and telephone number of the nearest hospital; locations of water-staging areas, shaded rest areas and other heat illness prevention accommodations.

### TRAINING

*Training is critical to help reduce the risk of heat related stress and to assist in obtaining emergency assistance without delay. Department Heads and Supervisors will use any combination of Safety Talks, handouts, posters and safety meetings to train their employees in the following:*

1. Risk factors for heat illness.
2. Procedures for minimizing risk of heat illness as described herein.
3. The importance of drinking up to 4 cups of water per hour on hot days.
4. The importance of resting and recovering in shade when needed.
5. The importance of acclimatization.
6. The different types of heat stress and the common signs and symptoms.
7. The importance of the "buddy system" and/or means of communication on hot days.
8. The importance of employees immediately addressing signs of heat illness in themselves or co-workers.

PRINT NAME:

DATE:

SIGNATURE:

# HEAT STRESS

When the body is unable to cool itself by sweating several heat-induced illnesses such as heat stress or heat exhaustion and the more severe heat stroke can occur. Heat stroke can result in death if not treated immediately.

## Environmental Risk Factors:

Working conditions that create the possibility that Heat Stress could occur. Includes 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 personal protective equipment worn by employees.

## Personal Risk Factors:

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 the heat.

## Symptoms of Heat Exhaustion

- Headache, dizziness or fainting.
- Weakness and wet skin.
- Muscle cramps.
- Irritability or confusion.
- Thirst, nausea or vomiting.

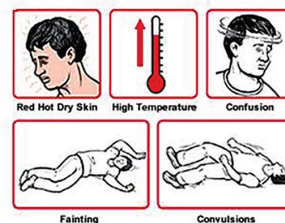
**SEE MEDIC OR CALL 911 IMMEDIATELY**



## Symptoms of Heat Stroke

- May be confused, unable to think clearly.
- May pass out, collapse or have seizures (fits).
- May stop sweating.

**CALL 911 IMMEDIATELY**



## How You Can Protect Yourself and Others

- Know signs/symptoms of heat illnesses.
- Monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty.
- Drink 8 ounces of water every 15 minutes.
- Avoid beverages that contain alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.



## What to Do When a Worker Has Heat Illness

- Call Medic or Supervisor for help. If not available, **CALL 911**.
- Have someone stay with the worker until help arrives.
- Move worker to cooler/shaded area.
- Remove the worker's outer clothing.
- Fan and mist the worker with water; apply ice bags or ice towels.
- Provide cool drinking water if the worker is able to drink.



**IF THE WORKER IS NOT ALERT OR SEEMS CONFUSED, THIS MAY BE A HEAT STROKE. CALL 911 IMMEDIATELY.**