



# HEAT PREVENTION PLAN

## EDUCATION AND TRAINING

- Conduct regular training on heat-related risks, symptoms, and preventive measures.
- Train employees to identify signs of heat-related illnesses; encourage immediate reporting.
- Promote a culture of looking out for each other's well-being.

## HYDRATION STRATEGY

- Provide water stations throughout the workplace.
- Encourage employees to drink water frequently.
- Schedule regular hydration breaks, especially during peak heat hours.

## APPROPRIATE ATTIRE

- Recommend lightweight, breathable clothing suitable for hot conditions.
- Highlight the importance of wearing sun-protective clothing and hats.
- Allow flexibility in dress codes to accommodate hot weather.

## BREAK SCHEDULES

- Implement frequent short breaks to allow employees to rest and cool down.
- Schedule breaks during the hottest parts of the day.
- Designate shaded areas for breaks to provide relief from direct sunlight.

## VENTILATION AND COOLING

- Install HVLS (High Volume, Low Speed) fans to ensure even air circulation.
- Use portable fans to enhance localized air movement in specific work areas.
- Consider misting systems or evaporative coolers for outdoor or semi-enclosed spaces.

## PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Ensure PPE is lightweight and breathable.
- Train employees on the proper use of PPE.

## REST AREAS

- Create designated rest areas with shaded seating for employees to cool down.
- Encourage employees to take breaks in cool or shaded environments.

## WORK SCHEDULE ADJUSTMENT

- Modify work schedules to avoid the hottest parts of the day, if possible.
- Plan strenuous tasks during cooler times.

## EMERGENCY RESPONSE

- Establish a clear communication protocol for reporting heat-related illnesses.
- Train supervisors and managers to respond promptly to emergencies.
- Provide access to first aid and medical assistance on-site.

## MONITORING AND EVALUATION

- Monitor weather forecasts to anticipate extreme heat.
- Encourage employees to share feedback and suggest improvements.
- Regularly review the effectiveness of the heat prevention plan and update as needed.