

HEAT ILLNESS AWARENESS and PREVENTION PLAN

1. Russell Hinton recognized that when employees work in hot conditions, special precautions must and will be taken to prevent heat illness.
2. Russell Hinton has established the seasonal time to implement heat illness prevention to be from May through September each year, for outside work or at any time if the temperature is 80 degrees or higher in the working area.
3. All jobsite Superintendents, Foreman, Tradesman and Laborers, shall be trained in Heat Illness Awareness and Prevention Plan accordance by Cal-OSHA Title 8, section 3395 and shall receive refresher classes once every year.
4. Training from Russell Hinton employees will be by the Superintendent or Safety Director at each jobsite. If a new hire is employed during the season, he / she shall receive the training during their Employee Orientation, at the Shop or job site by the respective Superintendent.
5. Russell Hinton employees shall have pre-shift meetings before the commencement of work to review the high heat procedures, encourage employees to drink plenty of water and remind employees of their right to take a cool-down rest when necessary.
6. Russell Hinton may designate a Foreman to each job site to maintain the required shade areas on a daily basis when there is knowledge of temperatures of 80 degrees or more. A designated Foreman will also monitor water supply, cups, water bottles, etc. throughout the jobsite.
7. WATER – An adequate supply of clean, cool, potable water, disposable cups or marked plastic water bottles shall always be provided. Employees working in the heat will be instructed to drink at least one (1) quart of water an hour if needed. This water shall be made available to the workers, including at the start of the shift. Ongoing encouragement to do so will be standard.
8. SHADE – A designated shade area for all employees shall be established at the beginning of each project. On larger projects, multiple shade areas will be implemented. Each shade station will have chairs, table, water / cups, first-aid kit, fire extinguisher and trash cans.
9. ACCLIMATIZATION – Russell Hinton recognizes that our employees need to be monitored closely for signs and symptoms of heat illness, particularly when they have not been working in 80 degree heat for several days and when a heat wave occurs. Crews shall be rotated as necessary.
10. REST BREAKS – Rest breaks are important to reduce internal heat load and provide time for cooling. If standard morning / afternoon breaks to cool and drinking water are not enough, employees shall not be reprimanded for taking additional breaks if needed on hotter days.
11. PROMPT MEDICAL ATTENTIONS – Co-workers need to recognize the symptoms of heat illness and need to notify any Superintendent, if someone needs medical attention. Quick determination will be made to call 911 for assistance and if needed, a Russell Hinton person will be at the construction gate entrance to lead the medical provider to the victim.

12. Russell Hinton shall monitor and document all Subcontractors' Heat Illness Awareness programs for record.

"No employee with any of the symptoms of possible heat illness should be sent home or left unattended without medical assessment and authorization."

I have read and understand the job site duties and responsibilities, regarding our Heat Illness Awareness and Prevention Plan.

Russell Hinton Employee Signature

Date