

HEAT STRESS

Heat stress generally occurs when spending long periods of time outside/inside in excessive heat. Symptoms typically include physical exhaustion, cramping, rashes and dehydration. In the most severe cases, heat stroke can result in confusion, irrational behavior, loss of consciousness and even death.

PREVENT HEAT STRESS:

- Taking breaks in cool, shaded areas.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
- Choose gloves with a liner to absorb sweat and prevent perspiration buildup.
- Prevent dehydration by drinking one cup of water every 15 minutes.
- Avoid beverages such as coffee, tea, alcohol or soda, all of which can deplete the body of fluid.

Award Staffing Heat Safety Protocol

Client Responsibilities:

- Organize having ice and beverages available to associates.
- Provide cooling towels to associates.
- Utilize the OSHA heat index app to evaluate the warehouse environment.
 - Heat Index App Warning Level protocol:

Warning Level	Actions
Caution	<ul style="list-style-type: none"> * Promote proper nutrition and hydration pre-work * Stretch break * Promote hydration * Observe for symptoms
Warning	<ul style="list-style-type: none"> * Review warnings with supervisors to discuss potential safety breaks * Promote proper nutrition and hydration pre-work * Stretch break * Make sure ice and Gatorade is available * Remind leadership of symptoms * Promote team lifting * Lead department checks
Danger	<ul style="list-style-type: none"> * Review warnings with supervisors to discuss potential safety breaks. * Promote proper nutrition and hydration pre-work * Stretch break * Promote team lifting * Make sure ice and Gatorade is available * Hydration checks * Peer to Peer checks

Shift Supervisor Responsibilities:

- Be aware of the symptoms.
- Coach team members on appropriate attire for the work environment.
- Hourly check-ins with team leads.
- Safety Breaks: Stretching and Hydration.
- Notify the Supervisor of any concerns.

Department Lead Responsibilities:

- Be aware of the symptoms.
- Observations of the team, spotting warning signs.
- Start of Shift and Post Lunch: Stretching.
- Notify the Supervisor of any concerns.

Associate Responsibilities:

- Hydrate and eat prior to coming to work.
- Bring a water bottle.
- Bring your cooling towel.
- Dress for the work environment following dress code expectations.