

Este paquete se emitió el 1 de Junio de 2024

A todas las compañías constructoras:

Las temperaturas de tres dígitos están aquí. Sabemos que el calor no es algo nuevo para nuestros contratistas, sin embargo, es importante que sus empleados conozcan los signos de enfermedad por calor y los pasos para evitarlo en el sitio de trabajo.

Utilice esta guía para celebrar una reunión de seguridad con sus empleados sobre la prevención de enfermedades causadas por el calor. Los supervisores deben revisar este paquete de seguridad a fondo.

Esta paquete incluye:

- **Hoja de referencia de prevención**
- **Temas de prevención de enfermedades causadas por el calor**
 - **Enfermedad por calor**
 - **Cuatro elementos para prevenir las enfermedades**

Procedimientos escritos para prevenir las enfermedades

- **Póster en el sitio de trabajo de prevención de las enfermedades**
- **Hoja de inicio de sesión de seguridad**

Hoja de referencia: ¿Está previniendo las enfermedades causadas por el calor?

Acceso al agua

Los empleados deben tener acceso a agua potable que sea "fresca, pura, adecuadamente fresca y proporcionada a los empleados de forma gratuita". Si está llevando agua al lugar de trabajo, asegúrese de traer lo suficiente para que cada empleado beba 2 galones por turno de 8 horas.

Acceso a la sombra

La sombra debe estar presente cuando la temperatura los 80°F y siempre que un empleado solicite que la sombra esté presente en temperaturas inferiores a 80°F.



Descansos preventivos de enfriamiento

Se deben permitir y alentar los descansos preventivos de enfriamiento para evitar el sobrecalentamiento cada vez que un empleado sienta la necesidad de hacerlo. Estos descansos de enfriamiento deben ser de un mínimo de 5 minutos y los empleados que toman un descanso preventivo de enfriamiento deben ser monitoreados para detectar síntomas de enfermedad por calor.

Procedimientos de repuesta a emergencias

Si un empleado presenta signos o reporta síntomas de enfermedad por calor mientras toma un descanso o en cualquier momento durante su turno, el empleador proporcionará primeros auxilios apropiados o respuesta de emergencia. Asegúrese de que todos sus empleados sepan qué hacer en caso de una emergencia.

Aclimatación de empleados

Durante una ola de calor, todos los empleados deben ser observados de cerca. Un empleado que es nuevo en un área de alto calor debe ser observado de cerca durante los primeros 14 días de su nueva asignación.

Entrenamiento

Entrene a los empleados antes de asignar un trabajo que pueda exponerlos al riesgo de enfermedades causadas por el calor.

Procedimientos de alto calor

A 95°F o más, se deben seguir los procedimientos de alto calor, que incluyen:

- Tener reuniones previas al turno antes de que comience el trabajo
- Comunicación efectiva entre empleados y supervisores
- Observación de los empleados para estar alerta y signos / síntomas de enfermedad por calor
- Desoñar a uno o más empleados para que llamen a los servicios de emergencia si necesario
- Recordar a los empleados durante todo su turno que beban mucha agua
- Garantizar períodos de descanso preventivo de enfriamiento de 10 minutos cada 2 horas

Hoja de referencia: ¿Está previniendo las enfermedades causadas por el calor?

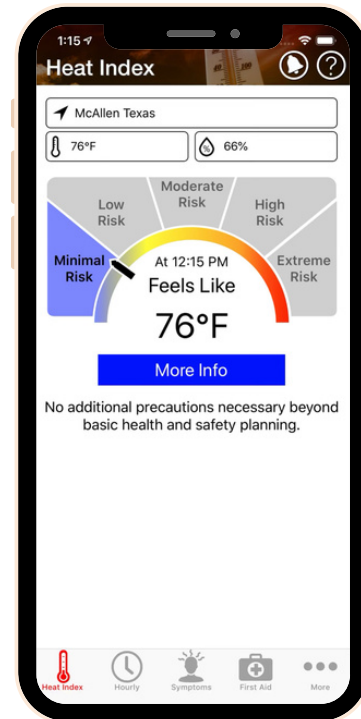
Imprima y distribuya la guía "Protéjase de las enfermedades causadas por el calor" de Cal OSHA para que sus trabajadores la tengan a mano.

Esquina de empleado

Formas de prevenir o disminuir los efectos de la enfermedad por calor:

- Conozca los síntomas
- Manténgase alerta del clima
- Beba suficiente agua
- Tome descansos en la sombra
- Se ropa adecuada
- Saber cómo llamar al

La aplicación telefónica **OSHA NIOSH Heat Safety Tool** puede ayudarlo a determinar el índice de calor pronosticado y actual para su área. También es una referencia para los signos y síntomas e información de primeros auxilios para enfermedades relacionadas con el calor.



[Click here to watch A&H Safety & Environmental's Heat Illness Prevention YouTube Series!](#)

Tailgate Topic: Heat Illness Prevention

How Heat Illness Occurs

Heat illness is a serious medical condition resulting from the body's inability to cope with a particular heat load. Our bodies need to maintain our internal body temperature within a very narrow range of a few degrees above or below 98.6°F.

The body normally cools itself by sweating, but under some conditions, sweating is not enough.

This is especially true during hot and humid conditions where the sweat does not evaporate as quickly which prevents the body from releasing heat quickly.



Individual Risk Factors

Certain individuals may be at greater risk of suffering from heat illness. The people most at risk include:

1. A person who is already dehydrated.
2. Someone who is not acclimated to the heat.
3. People over the age of 65 and children under the age of 4.
4. People with medical problems and who are taking prescribed drugs.

Drink before you are thirsty and stay away from alcohol & caffeine as much as possible.

3 Types of Heat Related Emergencies

Ensure all employees are aware of your company's procedures for responding to heat-related emergencies!

Heat Cramps: Heat cramps affect people who sweat a lot during strenuous work activity. Sweating makes the body lose salts, fluids and minerals and can lead to muscle cramps when not replenished.

Heat Exhaustion: If you do not take care of the heat cramps and you do not replace those lost fluids and electrolytes, the body starts to sweat more to try to cool off, leading to dehydration and heat exhaustion.

Heat Stroke: The body is no longer able to regulate temperature, causing it to rise rapidly. This can quickly lead to brain damage or death and is a true medical emergency.

Tailgate Topic: 4 Elements of Prevention

Water

There should be access to clean drinking water that is fresh, potable, suitably cool, and provided free of charge. The water should be located close to the worksite.

Always ensure there is enough water for the entire crew during their entire work shift. It is important to drink water frequently and in small quantities.



2 gallons per worker for every 8 hours of work!

Shade

Shade directly blocks sun rays. Shade is inadequate if there is too much heat and will not allow the body to cool down. Shade must be close to worksite when it is 80°F or higher and must cover at least 25% of the crew at one time. Shade can be requested any time during a shift, regardless of temperature.

Written Procedures

Written procedures identify employees responsible for particular tasks, describe procedures for tracking weather, providing sufficient shade and water, etc. It will also include high heat procedures and emergency procedures to follow in those special circumstances.

Training

All employees exposed to heat illness must be trained on:



KCBEX offers training at no cost!

1. Procedures for prevention of illnesses caused by heat
2. The importance of drinking water frequently and in small quantities
3. Different types of illnesses caused by heat and common signs and symptoms
4. Contacts and emergency procedures

[Click here to watch A&H Safety & Environmental's Heat Illness Prevention YouTube Series!](#)



Tailgate Topic: Written Procedures

Purpose of Written Plans

The written plan identifies who is responsible for certain tasks such as providing shade when requested, water replenishment, reminding workers to take breaks and drink water, weather-tracking, and more. Those with responsibilities and roles within plans must be trained and well equipped to carry out those responsibilities.

Providing Water and Shade

The written plan should describe the number and size of water containers and shade structures that will be supplied at the workplace. Pre-planning is crucial to do this and will happen before work starts for each specific work site.

Once the amount of water is determined, there should be procedures in place to make sure there is enough water throughout the entire shift and who will replenish the water when it runs low. This should all be detailed in the written plan.



Heat Wave & High Heat Procedures

Procedures need to be in place to protect employees from overheating when temperatures reach certain thresholds, such as during a heat wave or when the temperature reaches a high of 95°F or more. During these circumstances, certain requirements are triggered such as pre-shift meetings, increased water breaks, reviewing emergency response protocol, etc.

These requirements and procedures will be outlined in the written plan so everyone knows what their role is and how to carry out their duties. During this time, it is also crucial to have policies in place for those who are not acclimatized to the heat.



Emergency Procedures

It is important we know what actions to take in case of an emergency, such as when an employee is suffering from a heat stroke. The written plan will address those responsible for certain tasks like calling 911, providing first aid, flagging down emergency services, etc.

Find more info on written heat illness plans [here](#).