

# GJ GENTRY EMPLOYEE SAFETY TRAINING

## EMPLOYEES IN ATTENDANCE

SAFETY INSTRUCTOR J Chavez

Time: 100

TRANSLATOR \_\_\_\_\_

DATE 9/29/21

TOPIC Heat Illness, GHS Haz Com, Emergency Evac, Fire Prevention, Fall Protection

Print:

Signature:

Department/Company:

James Mitchell  
ADAM HAMMOND  
Sergio L Bautista

[Signature]  
[Signature]  
[Signature]

underground  
underground  
IP

**SAFETY MEETING MINUTES**

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

CONDUCTED BY: \_\_\_\_\_  
SAFETY COMPLIANCE COMPANY

CONDUCTED FOR: \_\_\_\_\_

SUBJECT DISCUSSED: HEAT ILLNESS PREVENTION

When employees work in hot conditions, employers must take special precautions in order to prevent heat illness. Heat illness can progress to heat stroke and be fatal, especially when emergency treatment is delayed. An effective approach to heat illness is vital to protecting the lives of workers.

Heat illness results from a combination of factors including environmental temperature and humidity, direct radiant heat from the sun or other sources, air speed, and workload. Personal factors, such as age, weight, level of fitness, medical condition, use of medication and alcohol, and acclimatization affect how well the body deals with excess heat.

**The following topics have been addressed with Supervisory and Non-Supervisory Employees with probability of exposure to the risk of heat illness:**

- (a) The environmental and personal risk factors for heat illness, as well as the added burden of heat load on the body caused by exertion, clothing, and personal protective equipment.
- (b) The company's procedures for complying with the requirements of the Cal/OSHA Regulation, including, but not limited to, the company's responsibility to provide water, shade, cool-down rests, and access to first aid as well as the employees' right to exercise their rights under this standard without retaliation.
- (c) The importance of frequent consumption of small quantities of water, up to 4 cups per hour, when the work environment is hot and employees are likely to be sweating more than usual in the performance of their duties.
- (d) The concept, importance, and methods of acclimatization.
- (e) The different types of heat illness, the common signs and symptoms of heat illness, and appropriate first aid and/or emergency responses to the different types of heat illness, and in addition, that heat illness may progress quickly from mild symptoms and signs to serious and life threatening illness.
- (f) The importance to employees of immediately reporting to the company, directly or through the employee's supervisor, symptoms or signs of heat illness in themselves, or in co-workers.

- (g) The company's procedures for responding to signs or symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary.
- (h) The company's procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider.
- (i) The company's procedures for ensuring that, in the event of an emergency, clear and precise directions to the work site can and will be provided, as needed, to emergency responders. These procedures shall include designating a person to be available to ensure that emergency procedures are invoked when appropriate.

**The following topics have been addressed with Supervisory Employees:**

- (a) The company's procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider.
- (b) The procedures the supervisor is to follow to implement the applicable provisions in this section.
- (c) The procedures the supervisor is to follow when an employee exhibits signs or reports symptoms consistent with possible heat illness, including emergency response procedures.
- (d) How to monitor weather reports and how to respond to hot weather advisories.

The company's written Heat Illness Prevention Program was reviewed at the time of this training and the elements were provided to address items listed in the training topics outlined in this document.

See attached "Water Replenishment / Shade Procedures Form".

See attached "Protecting Yourself from Heat Stress" Department of Health and Human Services Handout for types, symptoms and First Aid related to Heat Illness.

See attached "Preventing Heat Illness" Cal/OSHA

**REVIEW OF EMPLOYER & EMPLOYEE RESPONSIBILITY**

Discussed that it is responsibility of the company to provide the safest possible environment for its employees, and that it is the responsibility of the employees to be accountable for their own safety by adhering to the Codes of Safe Practices for their job and by abiding by the safety rules and regulations of the Company.

**RECOMMENDATIONS:**

- 1.
- 2.
- 3.

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**SAFETY INSTRUCTOR**  
**SAFETY COMPLIANCE COMPANY**

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**DATE**

**WATER REPLENISHMENT / SHADE PROCEDURES FORM  
ABASTECIMIENTO DE AGUA/PROCEDIMIENTOS DE SOMBRA**

**Company / Compañía:** \_\_\_\_\_

**Jobsite Name / Nombre de sitio de trabajo:** \_\_\_\_\_

**Jobsite Location and Cross Streets / La Ubicación del lugar de trabajo y Cruza las Calles:**

\_\_\_\_\_

**Person(s) in Charge of Replenishment / El dirigente de abastecimiento:** \_\_\_\_\_

**Person(s) in Charge of Shade / El dirigente de Sombra:** \_\_\_\_\_

**Person(s) in Charge of Program /El dirigente de Programa:** \_\_\_\_\_

**Person(s) in Charge of Calling 911/ El dirigente de llamar al 911:** \_\_\_\_\_

**Number and location of water containers / Numere y la ubicación de contenedores de agua.**

\_\_\_\_\_

\_\_\_\_\_

**What indicators will be used to determine if the water supply requires replenishment? /  
¿ Cuales indicadores seran utilizados para determinar se el abastecimiento de agua requiere  
rellenar?**

\_\_\_\_\_

\_\_\_\_\_

**How will the water supply be replenished? / ¿Cómo suministrará el agua es abastecida de nuevo?**

\_\_\_\_\_

\_\_\_\_\_

**Type of Shade to be provided and locations / El tipo de Sombra para ser proporcionado y la  
ubicacións:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Special Notes and Conditions / Notas y Condiciones especiales:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Heat Illness Prevention

## Protecting Yourself from

### Heat Stress

Heat stress, from exertion or hot environments, places workers at risk for illnesses such as heat stroke, heat exhaustion, or heat cramps.

### Heat Stroke

A condition that occurs when the body becomes unable to control its temperature and can cause death or permanent disability.

#### Symptoms

- High body temperature
- Confusion
- Loss of coordination
- Hot, dry skin or profuse sweating
- Throbbing headache
- Seizures, coma

#### First Aid

- Request immediate medical assistance.
- Move the worker to a cool, shaded area.
- Remove excess clothing and apply cool water to their body.

### Heat Exhaustion

The body's response to an excessive loss of water and salt, usually through sweating.

#### Symptoms

- Rapid heart beat
- Heavy sweating
- Extreme weakness or fatigue
- Dizziness
- Nausea, vomiting
- Irritability
- Fast, shallow breathing
- Slightly elevated body temperature

#### First Aid

- Rest in a cool area.
- Drink plenty of water or other cool beverages.
- Take a cool shower, bath, or sponge bath.

### Heat Cramps

Affect workers who sweat a lot during strenuous activity. Sweating depletes the body's salt and moisture levels.

#### Symptoms

- Muscle cramps, pain, or spasms in the abdomen, arms or legs

#### First Aid

- Stop all activity, and sit in a cool place.
- Drink clear juice or a sports beverage, or drink water with food.
  - Avoid salt tablets.
- Do not return to strenuous work for a few hours after the cramps subside.
- Seek medical attention if you have the following: heart problems, are on a low-sodium diet, or if the cramps do not subside within one hour.

### Protect Yourself

Avoid heavy exertion, extreme heat, sun exposure, and high humidity when possible. When these cannot be avoided, take the following preventative steps:

- Monitor your physical condition and that of your coworkers for signs or symptoms of heat illnesses.
- Wear light-colored, loose-fitting, breathable clothing such as cotton.
  - Avoid non-breathable synthetic clothing.
- Gradually build up to heavy work.
- Schedule heavy work during the coolest parts of day.
- Take more breaks when doing heavier work, and in high heat and humidity.
  - Take breaks in the shade or a cool area.
- Drink water frequently. Drink enough water that you never become thirsty.
- Be aware that protective clothing or personal protective equipment may increase the risk of heat-related illnesses.

**DEPARTMENT OF HEALTH AND  
HUMAN SERVICES**

Centers for Disease Control and Prevention  
National Institute for Occupational Safety and Health

# Heat Illness Prevention - Prevención de la Enfermedad Calor

## **Protéjase del Estrés por calor**

El estrés por calor, originado por esfuerzos intensos o ambientes calientes, puede ser para los trabajadores un riesgo de enfermarse por golpe de calor, agotamiento por calor y calambres por calor.

### **Golpe de calor**

Es un trastorno que ocurre cuando el cuerpo ya no puede controlar su temperatura, y puede causar la muerte o discapacidad permanente.

#### **Síntomas**

- Temperatura corporal alta
- Desorientación
- Pérdida de la coordinación
- Piel caliente, seca o mucho sudor
- Dolor de cabeza palpitante
- Convulsiones, coma

#### **Primeros auxilios**

- Pida ayuda médica de inmediato.
- Lleve al trabajador enfermo a un área fresca y a la sombra.
- Quítele el exceso de ropa y póngale agua fría en el cuerpo.

### **Agotamiento por calor**

La reacción del cuerpo a una pérdida excesiva de agua y sal se manifiesta, por lo general, con el sudor.

#### **Síntomas**

- Palpitaciones rápidas
- Sudor copioso
- Debilidad o cansancio extremo
- Mareos
- Náuseas/vómitos
- Irritabilidad
- Respiración rápida y superficial
- Temperatura corporal ligeramente elevada

#### **Primeros auxilios**

- Descanse en un área fresca.
- Tome mucha agua o cualquier otra bebida fresca.
- Dése un baño frío en regadera, bañera o con esponja.

## **Calambres por calor**

Afectan a los trabajadores que sudan mucho al realizar actividades físicas intensas. El sudor reduce la sal y la humedad del cuerpo.

#### **Síntomas**

- Dolores o espasmos musculares por lo general en abdomen, brazos o piernas.

#### **Primeros auxilios**

- Suspnda todo tipo de actividad y siéntese en un lugar fresco.
- Tome un jugo liviano o una bebida deportiva, o tome agua con los alimentos.
  - Evite las tabletas de sal.
- Espere unas cuantas horas para reanudar el trabajo intenso, después de que se alivien los calambres.
- Busque atención médica si: presenta problemas cardíacos, está siguiendo una dieta baja en sal o tiene calambres que no mejoren en una hora.

## **Protéjase**

Los trabajadores deben evitar en lo posible la exposición al calor extremo, al sol y a los altos niveles de humedad. Cuando esto no se pueda evitar, tome las medidas preventivas siguientes:

- Vigile su condición física y la de sus compañeros de trabajo por si hay signos o síntomas de trastornos por calor.
- Utilice ropa ligera de colores claros y materiales transpirables como el algodón.
  - Evite usar ropa sintética no transpirable.
- Incremente de manera gradual el trabajo que requiere mucho esfuerzo.
- Programe los trabajos que demandan mucho esfuerzo físico para las horas más frescas del día.
- Tómese más descansos cuando realice trabajos más pesados y haya mucho calor y humedad.
  - Haga sus descansos en la sombra o en un lugar fresco.
- Tome agua con frecuencia. Beba mucha agua para que nunca tenga sed.
- Tenga en cuenta que la ropa de protección o el equipo de protección individual puede aumentar el riesgo de trastornos por calor.



Heat illness includes heat cramps, fainting, heat exhaustion, and heatstroke.

Workers have died or suffered serious health problems from these conditions.

Heat illness can be prevented.



### Know the symptoms of heat illness

Watch for symptoms in yourself and your coworkers. *If you feel any symptoms, tell your coworkers and supervisor immediately because you may need medical help. Know who to talk to and how to get help before you start each workday.*



### Early symptoms

Fatigue  
Heavy Sweating  
Headache  
Cramps  
Dizziness  
High pulse rate  
Nausea/vomiting

### Life-threatening symptoms

High body temperature  
Red, hot, dry skin  
Confusion  
Convulsions  
Fainting



**Tell your supervisor** if you are new to working in the heat or have had heat illness before.

**Stay alert to the weather** During a heat wave you are at greater risk of getting sick. You need to watch yourself and coworkers more closely, and may need to drink more water, take more breaks, and use other measures.



**Drink enough cool, fresh water** Drink at least one 8-ounce cup (3 cones) every 15 minutes during your entire work shift. *Do not wait until you are thirsty to drink water.*

**Do not drink alcohol.**  
**Avoid coffee.**  
**Choose water over soft drinks.**



**Take rest breaks** in the shade to cool down.

**Wear proper clothing** Loose fitting, light-weight and light-colored cotton clothes, a wide-brimmed hat or cap, and a bandana.

**Talk to your doctor** if you have illnesses like diabetes, are taking medicines or

If you work outdoors, by law, your employer must provide you:

- Enough cool, fresh drinking water throughout the day.
- Access to shade or an equally cool spot for at least 5 minutes at a time.



- Training on how to prevent heat illness and how to call for emergency services.

**For more information call the worker hotline at 1-866-924-9757**

**California Department of Industrial Relations**



## El Calor Puede Matar

Las enfermedades causadas por el calor incluyen los calambres musculares, el desmayo, el agotamiento debido al calor y la insolación.

Los trabajadores han muerto o sufrido problemas graves de salud debido a éstas condiciones.

Las enfermedades causadas por el calor pueden ser prevenidas.



### Conozca los síntomas de las enfermedades causadas por el calor.

*Esté alerta a estos síntomas en sí mismo y en sus compañeros de trabajo. Si usted siente cualquiera de estos síntomas, informe de inmediato a sus compañeros de trabajo y supervisor porque puede ser que usted necesite atención médica. Antes del comienzo de cada día de trabajo sepa con quien debe hablar y cómo obtener ayuda en caso de emergencia.*



### Síntomas iniciales

Fatiga  
Sudor abundante  
Dolor de cabeza  
Calambres  
Mareos, Pulso alto  
Nausea/vómito

### Síntomas de emergencia

Temperatura de cuerpo alta  
Piel seca, enrojecida y caliente, Confusión mental  
Convulsiones, Desmayo



## Previendo las Enfermedades Causadas por el Calor

**Informe a su supervisor** si usted está comenzando a trabajar en el calor o si ya ha sufrido de las enfermedades causadas por el calor.

**Esté alerta al tiempo** Durante la ola de calor usted está a mayor riesgo de enfermarse. Usted necesita estar muy atento a sí mismo y a sus compañeros de trabajo, necesita beber más agua, tomar más descansos y usar otras medidas preventivas.



**Tome suficiente agua fresca** Tome por lo menos una taza de 8 onzas (3 canos) cada 15 minutos durante toda la jornada de trabajo. *No espere hasta sentir con sed para tomar agua.*

**No tome bebidas alcohólicas.**  
**Evite el café.**  
**Elija agua en lugar de sodas.**



**Descanse** en la sombra para tomar alivio del calor.

**Use ropa apropiada. Ropa de algodón liviana, suelta y de color claro, gorra o sombrero de ala ancha y un pañuelo.**

**Consulte con su doctor** si usted tiene enfermedad como la diabetes, está tomando medicinas o está en una dieta baja de sal.

## Conozca sus Derechos

Si trabaja al aire libre, por ley, su patron debe proveer:

- Suficiente agua fresca para beber durante todo el día.
- Acceso a la sombra o un lugar igualmente fresco por un periodo minimo de cinco minutos para que puede refrescarse.
- Entrenamiento sobre cómo prevenir las enfermedades causadas por el calor y cómo llamar a los servicios de emergencia.



**Para mas información llame gratis al 1-866-924-9757**

(Oprima el "1" para escuchar los mensajes en español)

**Departamento de Regulaciones Laborales de California**



illustrations by Kate Oliver and Adria Wells