

Sacramento City Unified School District Heat Illness Prevention Plan

September 2022

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Program Administrator

School Name and Address:	Sacramento City Unified School District – Serna Center 5735 47th Avenue, Sacramento, CA 95824
District Address:	5735 47th Avenue, Sacramento, CA 95824

Employees suffering from heat illness or believing a preventative recovery period is needed shall be provided access to an area with shade that is either open to the air or provided with ventilation or cooling for a period of no less than five minutes. Such access to shade shall be provided at all times.

An individual employee who takes a preventative cool-down rest shall be monitored and asked if he or she is experiencing symptoms of heat illness; shall be encouraged to remain in the shade; and shall not be ordered back to work until any signs or symptoms of heat illness have abated. If the employee exhibits signs or reports symptoms of heat illness while taking a preventative cool-down rest, the employer shall provide appropriate first aid or emergency response.

To ensure access to shade and a preventative recovery period at all times, the following steps will be taken:

During days of anticipated heat, jobs requiring outside exposure will be conducted early in the day. When a modified or shorter work-shift is not possible, more water and rest breaks will be provided.

- x Indoor jobs where air conditioning is available will be conducted in the late morning or afternoon when the temperatures are higher.
- x Employees will be reminded regularly to take rest breaks in shaded and cooler areas.
- x Supervisor will provide canopies, or other portable devices for shade within 50 -100 yards of the work activity if other shade is not available.
- x Drinking water will be available in shaded areas.

Note: The interior of a vehicle may not be used to provide shade unless the vehicle is air conditioned, and the air conditioner is on.

Procedures for Monitoring the Weather

Prior to each workday, the forecasted temperature and humidity for the worksite will be reviewed and will be compared against the National Weather Service Heat Index to evaluate the risk level for heat illness. Determination will be made as to whether employees will be exposed to a temperature and humidity characterized as either “extreme caution” or “extreme danger” for heat illnesses. It is important to note that the temperature at which these warnings occur must be lowered as much as 15 degrees if the employees are working in direct sunlight. Additional steps, such as those listed below, will be taken to address these hazards.

- x Prior to each workday, the supervisor will monitor the weather (using <http://www.nws.noaa.gov> or a simple thermometer, available at most hardware stores) at the worksite.
- x A thermometer will be used at the job site to monitor for a sudden increase in temperature and to ensure that once the temperature exceeds 80 degrees Fahrenheit, shade structures will be opened and made available to the employees. In addition, when the temperature equals or exceeds 95 de ()TJ EMC ET /Art4 ()TJ EMC ETr(r)3 (a)4 12 7m74 (ddi)-2 (t,)4 (bl)

- x Employees are authorized to call for emergency services if needed.
- x Employees will be reminded constantly throughout the work shift to drink plenty of water and take preventative cool-down rest breaks when needed.
- x Additional water consumption encourage employees to drink small quantities of water more frequently and have effective replenishment measures in place for the provision of extra drinking water to ensure that supplies are reliable.
- x Additional cooling measures employees may use alternative cooling measures in addition to shade (i.e. air conditioned rooms, misters, spraying themselves with water)
- x Additional and/or longer rest breaks employees may be allowed to take more frequent and longer breaks.

Procedures for Acclimatization

Acclimatization is the temporary adaptation of the body to work in the heat that occurs gradually when a person is exposed to it. In more common terms, the body needs time to adapt when temperatures rise suddenly, and an employee risks heat illness by not taking it easy when a heat wave or heat spike strikes, or when starting a new job that exposes the employee to heat to which the employee's body hasn't yet adjusted.

Inadequate acclimatization can be significantly more perilous in conditions of high heat and physical stress. Employers are responsible for the working conditions of their employees, and they must implement additional protective measures when conditions result in sudden exposure to heat their employees are not accustomed to.

To ensure that employees can acclimatize to the conditions, the following steps will be taken:

Employees are encouraged to take rest when a heat wave strikes or when starting a job that newly exposes them to heat

- x New employees and those who have been newly assigned to a high heat area will be closely observed by the supervisor or designee. The intensity of the work will be lessened by using procedures such as scheduling slower paced, less physically demanding work during the hot parts of the day and the heaviest work activities during the cooler parts of the day (early morning or evening).
- x The supervisor or the designee will be a vigilant with new employees and stay alert to the presence of heat-related symptoms.
- x During a heat wave, all employees will be observed closely (or maintain frequent communication via phone or radio) for possible symptoms of heat illness.
- x Employees and supervisors will be trained on the importance of acclimatization, how it is developed, and how the district procedures address it.
- x Supervisors will strive to find alternative tasks that lessen the intensity of employee's work during the heat wave and the break-in period of new employees.

Procedures for Emergency Response

Emergency medical services will be provided as quickly as possible if an employee suffers heat illness.

If a supervisor observes, or any employee reports, any signs, symptoms of heat illness in any employee, the supervisor shall take immediate action commensurate with the severity of the illness. If the signs or symptoms are indicators of severe heat illness (such as, but not limited to, decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior, or convulsions), the employer must implement

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- g. When the temperature is expected to exceed 80 degrees Fahrenheit, communication methods will be used to review the weather report, reinforce heat illness prevention with all employees, provide reminders to drink water frequently, inform them that shade will be available, and remind them to be on the lookout for signs and symptoms of heat illness.
- h. New employees will be assigned a “buddy,” or experienced worker, to ensure that they understand the training and follow district procedures.
- i. The importance of frequent consumption of small quantities of water in the work environment is hot, and employees are likely to be sweating more than usual in the performance of their duties;
- j. The importance to employees of immediately reporting to the employer, directly or through the employee’s supervisor, symptoms or signs of heat illness in themselves, workers;
- k. The employer’s procedures for responding to symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary; The employer’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.
- l. The employer’s procedures for ensuring that, in the event of emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders.
- m. The procedures the supervisor is to follow to implement the applicable provisions in this section.

To ensure appropriate training, the following steps will be taken:

- x Employee training will be conducted as the weather begins to warm and on a weekly/daily basis during the hottest days and heat waves.
- x Records of the training will be kept with the Injury and Illness Prevention Program documentation.

To report any concerns regarding our district’s heat illness plan contact: Risk Management at 916-643-9421 or email RiskM@scusd.edu.