



SDS Lumber Company LLC

P.O. Box 480
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(509) 493-2155

Outdoor Heat Exposure Program

Prepared by:
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GENERAL INFORMATION

Owner: P.O. Box 480
Carson, WA 98610
Phone Number: (509) 493-2155

CERTIFICATION

SDS LUMBER LLC MANAGEMENT APPROVAL

The SDS Lumber Company Fall Protection Program will be implemented as herein described.

Name:

Title:

Signature: _____

Date: _____

SDS LUMBER LLC SAFETY MANAGER APPROVAL

The designated person responsible for Safety procedures, reporting, and training at this facility is:

Name: _____

Title: _____

I hereby certify that as the designated person, I have thoroughly examined this Safety Policy Plan, I understand it, and agree to put it into effect.

Signature: _____

Date: _____

Washington Outdoor Heat Exposure Program

Purpose: The purpose of this Outdoor Heat Exposure Program is to protect workers from heat-related illness and to ensure compliance with the Outdoor Heat Exposure rule, WAC 296-62-095. All employees exposed to action level temperatures, as described in Table 1 – Outdoor Temperature Action Levels, are included in this program.

Table 1 - Outdoor Temperature Action Levels

Outdoor Temperature Action Levels: To determine which temperature applies to each worksite, select the temperature associated with the general type of clothing or personal protective equipment (PPE) each employee is required to wear.

TYPE OF CLOTHING	ACTION LEVEL TEMP.
All other clothing	89 Degrees Fahrenheit
Double layer woven clothes including coveralls, jackets, sweatshirts, and also regular raingear.	77 Degrees Fahrenheit
Non-breathing clothes including vapor barrier clothing or PPE such as chemical resistant suits	52 Degrees Fahrenheit

Note: Employees with incidental exposure - fifteen minutes or less of outdoor heat exposure during any sixty-minute period - are exempted from this standard and are not included in this program. This incidental exposure exception may be applied every hour during the work shift.

Scope: The following requirements are only in effect during the months of May through September each year. Employers are not required to maintain temperature records. Job categories or positions that may have outdoor exposures warranting inclusion in this program include:

- Forklift Operator
- Outside Utility
- Log Yard Operators

Employer and Employee Responsibilities: In accordance with WAC 296-62-09530.

Employers having employees exposed to action level temperatures as defined in Table 1, must:

- Address their outdoor heat exposure safety program in their written accident prevention program (APP) and
- Encourage employees to frequently consume water or other acceptable beverages to ensure hydration.

Employees are responsible:

- For monitoring their own personal factors for heat-related illness including consumption of water or other acceptable beverages to ensure hydration.

Training: All employees working in positions that may have outdoor exposures at or above the action levels will be provided training on the signs and symptoms of outdoor heat exposure and on the company policies to prevent heat-related illness. This training will be provided each year prior to the month of May. Additional training will be scheduled for a make-up class as needed. When new employees are hired during the summer months for placement in positions that may have outdoor exposures at or above the action levels, training will be provided prior to the new employee working in the outdoor environment.

Employee Training Content: Training on the following topics will be provided to all employees who may be exposed to outdoor heat at or above the outdoor temperature action levels:

- (a) The environmental factors that contribute to the risk of heat-related illness;
- (b) General awareness of personal factors that may increase susceptibility to heat-related illness including, but not limited to, an individual's age, degree of acclimatization, medical conditions, drinking water consumption, alcohol use, caffeine use, nicotine use, and use of medications that affect the body's responses to heat. This information is for the employee's personal use;
- (c) The importance of removing heat-retaining personal protective equipment such as non-breathable chemical resistant clothing during all breaks;
- (d) The importance of frequent consumption of small quantities of drinking water or other acceptable beverages;
- (e) The importance of acclimatization;
- (f) The different types of heat-related illness, the common signs and symptoms of heat-related illness; and

(g) The importance of immediately reporting signs or symptoms of heat-related illness in either themselves or in co-workers to the person in charge and the procedures the employee must follow including appropriate emergency response procedures.

Supervisor Training Content: Prior to supervising employees working in outdoor environments with heat exposure at or above the outdoor temperature action levels, supervisors will be given training on the following topics:

- (a) The information required to be provided to employees as detailed on page 2, sections (a) – (g).
- (b) The procedures the supervisor must follow to implement the applicable provisions of WAC 296-62-095 through 296-62-09560;
- (c) The procedures the supervisor must follow if an employee exhibits signs or symptoms consistent with possible heat-related illness, including appropriate emergency response procedures; and
- (d) Procedures for moving or transporting an employee(s) to a place where the employee(s) can be reached by an emergency medical service provider, if necessary.

Drinking Water: When the temperature is at or above the outdoor temperature action levels, employees will be provided at least one quart of water for each hour worked.

Access to and Replenishment of Drinking Water:

- Employees in fixed facilities (i.e. sawmills) will be allowed free access to the various drinking water sources throughout the plant.
- Employees in the field (i.e. loggers) will be provided drinking water for their ready access and consumption.
- During the workday, return to town for replenishment of drinking water for logging crews and other personnel in remote locations may not always be feasible. When working in such locations, an adequate supply of water will be brought afield by the employer to ensure the drinking water demands of all field personnel can be met.

Responding to Signs and Symptoms: Time is critical when people are experiencing heat-related illnesses such as heat stress or heat stroke. The quicker any employee experiencing symptoms can be removed from the heat and cooled down, the better the chances are for a full recovery.

Initial treatment for workers suffering from heat-related illness will typically be provided by co-workers. This treatment may consist of:

- Allowing the affected worker to take a break.

- Monitoring the condition of the worker.
- Loosening and removing heavy clothing.
- Providing drinking water.
- Fanning or cooling the worker with a spray mist or wet cloth.
- Placing ice packs in the victim's arm pits and groin area.

Contact emergency medical services by dialing 9-1-1 if the affected worker does not quickly respond to cooling attempts or if signs and symptoms of Heat Stroke are present.

Signs and Symptoms of Heat Stroke:

- Dry, pale skin.
- Sweating may still be present.
- Nausea and vomiting.
- Hot, red skin (looks like sunburn).
- Mood changes, irritability, confusion, and not making any sense.
- Seizure or fits.
- Collapse (will not respond).
- High core body temperature (104 degrees Fahrenheit or higher).

DEFINITIONS

Acclimatization

The body's temporary adaptation to work in heat that occurs as a person is exposed to it over time.

Double-Layer Woven Clothing

Clothing worn in two layers allowing air to reach the skin. For example, coveralls worn on top of regular work clothes. A tee shirt worn under another shirt is not considered to be "double-layer woven clothing."

Drinking Water

- Potable water that is suitable to drink.
- Water packaged as a consumer product and electrolyte replenishing beverages (i.e. sports drinks) that do not contain caffeine are acceptable.

Engineering Controls

The use of devices to reduce exposure and aid cooling (e.g. air conditioning).

Environmental Factors

Working conditions that increase the susceptibility for heat-related illness including:

- Air temperature.
- Relative humidity.

- Radiant heat from the sun and other sources.
- Conductive heat sources such as the ground.
- Air movement.
- Workload severity (i.e. heavy, medium, or low) and duration.
- Personal protective equipment worn by employees.

Heat-Related Illness

A medical condition resulting from the body's inability to cope with a particular heat load. It includes, but is not limited to:

- Heat cramps
- Heat rash
- Heat exhaustion
- Fainting
- Heat stroke

Outdoor Environment

- An environment where work activities are conducted outside.
- Environments such as inside vehicles cabs, sheds, and tents or other temporary structures may be considered an outdoor environment if the environmental factors affecting temperature are not managed by engineering controls.
- Construction activity is considered work in an outdoor environment when performed inside a structure after the outside walls and roof are erected.

Vapor Barrier Clothing

Clothing that significantly inhibits or completely prevents sweat produced by the body from evaporating into the outside air.

Such clothing includes:

- Encapsulating suits.
- Various forms of chemical resistant suits used for PPE.
- Other forms of non-breathing clothing.