



Safety Bulletin EM 385-1-1

Mobile District Safety and Occupational Health Office
Hot Environments

Bulletin 14-09

The 15 September 2008 Safety Manual (Yellow Book) is now in effect for most new contracts and government operations. Please note the changes for hot environments as stated below.

06.I.03 In hot environments, the following guidelines will be followed to prevent heat related injury.

- a. Drinking water shall be made available to employees and employees encouraged to frequently drink small amounts, e.g., one cup every 15-20 minutes; the water shall be kept reasonably cool. > **See Section 02.C.**
- b. Tool box training in hot environments shall include training on the symptoms of heat related problems, contributing factors to heat related injuries, and prevention techniques.
- c. When possible, work should be scheduled for cooler periods during the day.
- d. Individuals shall be encouraged to take breaks in a cooler location, and use cooling devices as necessary, such as cooling vests, to prevent heat related injury. A buddy system shall be established to encourage fluid intake and watch for symptoms of heat related injury.
- e. SSHO shall monitor those individuals who have had a previous heat-related injury, are known to be on medication, or exhibits signs of possibly having consumed large amounts of alcohol in the previous 24 hours for signs, or indicating symptoms of heat related injuries.
- f. Individuals who are not acclimatized shall be allowed additional breaks. The period and number should be determined by the SSHO and provided to the supervisor and employee for implementation.

