HEAT ILLNESS PREVENTION PLAN
Revision: V1.0 – Date: 5/17/2025

COVER & CONTROL INFORMATION

FIELD VIEW CONSTRUCTION CO., INC.

HEAT-ILLNESS PREVENTION PLAN (HIPP)

- Effective date: **May 17 2025**
- Revision: **1.0**
- Plan owner: **Sal Flores – Chief Safety Officer** (951-517-9623)
- Applies to: **All outdoor worksites and any indoor location ≥ 90 °F**
- Authority: Cal/OSHA CCR Title 8 § 3395; supports FVC's Injury & Illness Prevention Program (IIPP).

"All heat-related illnesses are preventable; employee safety is our highest priority."

INTRODUCTION

Working in California's climate exposes FVC crews to potentially dangerous levels of heat. This Plan explains:

1. **Regulatory duties** FVC must meet.
2. **Preventive measures** supervisors will apply whenever conditions trigger them.
3. **Employee rights & responsibilities** to keep themselves and co-workers safe.

The Plan supplements the IIPP and is enforceable on every FVC project, subcontract, or yard operation.

DEFINITIONS (Key Terms)

- **Acclimatization** – Gradual physiological adaptation to heat (peaks ≈ 4-14 days).
- **Heat-Illness** – Heat cramps, heat exhaustion (syncope), or heat stroke.
- **Environmental risk factors** – Ambient temp, humidity, radiant & conductive heat, air flow, workload, PPE.
- **Personal risk factors** – Age, fitness, medications, hydration, prior illness, alcohol/caffeine use.
- **Preventive recovery period** – Paid cool-down break to reduce core temp.
- **Shade** – Blockage of direct sun that allows body cooling (EZ-up, canopy, building overhang, AC vehicle).
- **High-Heat Condition** – ≥ 95 °F or a "heat-wave" (see Appendix C).

PROGRAM SCOPE

This Heat-Illness Prevention Plan (HIPP) applies to every Field View Construction Co., Inc. (FVC) employee, trade partner, and temporary worker performing tasks under FVC's control at any outdoor jobsite—regardless of season—and to any indoor location where the ambient temperature reaches or exceeds 90 °F. The plan governs field operations, yard activities, equipment staging areas, and on-road utility work across all California projects, supplementing FVC's Injury & Illness Prevention Program (IIPP). It activates whenever forecasted or measured environmental conditions meet the defined heat thresholds and remains in effect until those conditions abate. No contract terms, project schedules, or customer requirements supersede the protective measures outlined herein.

RESPONSIBILITIES

Corporate Safety (HQ)

- Issue & update this Plan.
- Provide initial & annual refresher training.
- Maintain master training records.

Project Superintendents

- Monitor weather daily; decide when the Plan activates.
- Supply water, shade, and cooling gear.
- Document tailgate briefings & cool-down breaks.

Foremen / Lead Workers

- Enforce drinking-water, shade, and break rules.
- Observe crew for early signs of heat stress; summon EMS if needed.
- Complete *Heat-Illness Observation Log* (Form H-02).

Employees

- Drink water — minimum 1 quart/hr once Plan activates.
- Use shade/cool-down breaks immediately when needed.
- Watch co-workers; report symptoms without delay.

TRAINING REQUIREMENTS

Audience	Minimum Topics (CCR § 3395)	Frequency
All Employees	Environmental & personal risk factors • Importance of hydration (≤ 4 cups/hr) • Acclimatization basics • Types, signs, symptoms of heat-illness • FVC emergency response & EMS procedures	On hire & annually
Supervisors	All above **plus** • Activating Plan controls • High-heat "direct supervision" duties • Acclimatization monitoring	On assignment as supervisor & annually

Training is documented and kept for ≥ 3 yrs.

PROGRAM COMPLIANCE STRATEGY (OUTDOOR)

- **Weather Monitoring:**
    - The superintendent checks the NWS or OSHA Heat-App at the start of shift and mid-shift.
- **Tailgate Briefing (Daily when Plan active):**
    - Review temps, workload, water & shade locations, emergency route.
- **Water:**
    - ≥ 1 quart/worker/hour readily accessible. Refilled when container ≤ 50 %.
- **Shade/Cooling:**
    - Erect EZ-up within a 2-minute walk of work. Vehicle AC acceptable if engine running.
    - Paid cool-down periods ≥ 5 min whenever requested or signs appear.
- **High-Heat (≥ 95 °F):**
    - Mandatory 10-min cool-down every 2 hrs.
    - Supervisor/foreman maintains constant voice or radio contact.
    - Newly assigned workers observed closely for the first 14 days.

PROGRAM COMPLIANCE STRATEGY (INDOOR ≥ 90 °F)

- Verify thermometer reading in the work zone every 2 hrs.
- Provide water & cool-down area (fan, evaporative cooler, or AC room).
- Same tailgate, hydration, and observation rules as outdoor.
- If engineering controls can reduce ambient < 90 °F, implement them. Otherwise follow High-Heat rules.

IDENTIFYING AND ACTIONS TAKEN (APPENDIX A-1) Preventing Heat Illness on FVC Job Sites

Check Conditions First

- Open the OSHA Heat Index App at the start of every shift.
- Follow the app's prompts for water, breaks, and emergency steps.

1. Protect Yourself & Teammates

- Drink water all day (small sips, every 15-20 min).
- Skip or cut back on coffee or energy drinks.
- Use sunscreen, a wide-brim hat, and light-colored, breathable clothing.
- Take shade breaks—five minutes whenever you feel hot.
- Ease into the heat your first few days back on site.
- Eat light foods (fruit, salads, lean protein).
- Know the warning signs: cramps, dizziness, heavy sweating, confusion. Call 911 for heat-stroke symptoms (red, hot skin, fainting, vomiting).

2. Keep the Site Cooler (Engineering Controls)

- Put up shade canopies over work and break areas.
- Mist fans or portable AC/blower units where power is available.
- Reflective shields/insulation on hot surfaces or pipes.
- Exhaust or roof fans to pull hot air out.
- Use fans or increased airflow that hits workers directly.
- Mechanical aids (forklifts, hoists) to cut heavy manual effort.

3. Plan the Day (Administrative Controls)

- Start early or shift the hottest tasks to cooler hours/night.
- Keep water stations within 50 ft of crews; aim for 4–6 oz every 20 min (max ≈ 6 cups/hr).

- Mix electrolyte drinks 50/50 with water if used.
- Acclimate new or returning workers:
    - Day 1 = 50% normal exposure
    - Day 2 = 60%
    - Day 3 = 80%
    - Day 4 = 100%
- Rotate crews or add extra breaks during heat waves (≥ 95 °F).

Stay hydrated, use shade, and watch each other—heat illness is 100 % preventable.

HEAT RASH	
Signs and symptoms ▪ Looks like clusters of pimples or blisters ▪ Appears often on the neck, upper chest, groin, or elbow creases	**Actions** ▪ Move to a cooler, less humid work environment ▪ Dry the affected area TIP: Do not apply ointments as they can make it worst
HEAT CRAMPS	
Signs and symptoms ▪ Heavy sweating ▪ Muscle pains	**Action** ▪ Move to a cool area ▪ Replace fluid loss with water or carbohydrate electrolyte replacement liquids ▪ Wait for cramps to cease before continuing work
HEAT EXHAUSTION	
Signs and symptoms ▪ Headache ▪ Nausea ▪ Weakness ▪ Irritability ▪ Dizziness ▪ Thirst ▪ Heavy sweating ▪ Cold, pale, and clammy skin ▪ Elevated body temperature ▪ Decreased urine output	**Actions** ▪ Move to a cool area and drink appropriate liquids ▪ Apply cold compresses to the head, face, and neck ▪ Loosen clothes
HEAT STROKE	
Signs and symptoms ▪ Body temperature of 104 degrees Fahrenheit or higher ▪ Lack of sweating ▪ Slurred speech ▪ Confusion ▪ Loss of consciousness ▪ Seizures	**Actions** ▪ Get medical help immediately. ▪ Move worker to a shady, cool area. ▪ Remove as much clothing as possible. ▪ Circulate the air to speed cooling. ▪ Place cold wet cloths or ice all over the body or soak workers clothes in water. ▪ Do not give them liquids!

FIRST-AID CARE & ACTIVE COOLING (APPENDIX A-2)

- Remove tight clothing & PPE.
- Apply ice packs to armpits, neck, groin, wrists.
- Fan aggressively or use a portable misting fan.
- Never give caffeine or energy drinks.
- Stay with the victim until EMS takes over; relay observations to medics.

HYDRATION TECHNIQUES (APPENDIX B)

- **Pre-Hydrate:** 2 cups water 30 min before shift.
- **During Work:** Aim for **½ liter (≈ 2 cups) every 30 min**; small, frequent sips.
- Electrolyte drinks are allowed **in addition** to, not instead of, water.
- **No salt pills**. Avoid energy drinks, excessive coffee, or alcohol within 12 hrs of shift.
- Water coolers must dispense 75-78 °F water; no communal dippers. Inspect containers every 30 min when temp ≥ 90 °F.

HIGH-HEAT / HEAT-WAVE PROCEDURES (APPENDIX C)

- Definition: Forecast ≥ 95 °F OR day ≥ 80 °F & ≥ 10 °F hotter than 5-day average.
- Shift may be shortened, rescheduled to night, or split.
- Extra water & cool-down breaks; crew rotation considered.
- Newly assigned personnel: supervision for the first 14 days.
- Continuous communication (radio, cell) mandatory; reception check each morning.

ACCESS TO SHADE & WATER DETAIL (APPENDIX D)

Requirement	Standard	FVC Implementation
Water quantity	≥ 2 qts/worker at start; maintain 1 qt/hr	5-gal insulated coolers + ½-l bottled water
Water quality	Fresh, pure, suitably cool	Refilled by logistics runner; ice added
Shade trigger	Ambient ≥ 80 °F	EZ-up canopy within 2 min walk
Cool-down rest	“As needed” + mandatory intervals (see p 7)	Logged on Form H-03
Vehicle shade	Only AC vehicles with engine running	Foreman verifies fuel & keys

Workers are **never** ordered back to work until symptoms resolve.

RECORDKEEPING & PLAN REVIEW

Document	Form ID	Retention
Training Roster	**T-HI-01**	3 years
Daily Tailgate / Weather Log	**H-01**	1 year
Cool-Down Break Log	**H-03**	1 year
Heat-Illness Incident Report	**HI-IR**	5 years
Annual Plan Review Checklist	**HIPP-RVW**	Maintain with IIPP

Annual Review: CSO and project leadership will review incident data, OSHA updates, and field feedback each March. Revisions approved by the President / CEO.

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