



Western Nevada College ENVIRONMENTAL HEALTH AND SAFETY

SPOTLIGHT ON SAFETY

In accordance with WNC's Heat Illness Prevention Plan, EH&S has identified vulnerable employee groups that require specific mitigations for protection from heat stress. These include employees working in:

- Groundskeeping, Outdoor Continuing Ed, and at the Child Development Center with high exposure to direct sunlight, radiant heat, UV rays, and high ambient temperatures.
- Facilities & Custodial departments working in un-airconditioned indoor spaces and boiler rooms with routine strenuous exertion.
- Welding Shops with extreme radiant heat from equipment and heat-trapping PPE, in addition to environmental temperatures.

Mitigations for Heat Identified Groups Include:

Water & Rest: Have continuous access to cool, clean, drinking water and require mandatory rest breaks in designated cool or shaded areas.

Acclimatization: Make gradual workload increases over 7-10 days for new or returning employees, to allow time for the body to adjust to heat.

Engineering Controls: Use portable cooling fans and increase exhaust ventilation in hot indoor areas.

PPE: Providing ice pack coolers, sunscreen, sun hats or bandanas, cooling vests, and encouraging lightweight, loose-fitting clothing.

Scheduling: Adjust heat work/rest schedules so physically demanding or hot tasks occur during the cooler parts of the day, and implement use of relief workers.

Director and Designated On-Site Supervisor Responsibilities:

Designate a specific "on-site supervisor" in each heat area to:

- Use link below to enter your Zip Code to track daily weather heat index and increase mandatory rest break frequencies as temperatures rise. <https://www.weather.gov/ffc/hichart>
- Implement a buddy system so crew members can monitor each other for early heat illness symptoms, such as heavy sweating, headache, dizziness, or nausea.
- Initiate emergency medical procedures by calling 911 and providing clear directions and information to first responders.

EH&S Training: Annual training on heat illness stress symptoms, including dehydration, heat cramps, heat rash, heat exhaustion, heat stroke, and initiating prompt emergency 911 reporting procedures.

CDC Heat Related Illness Signs and Symptoms pdf for Review.
Hover over the link below, press Ctrl +Click to follow link

[heat-related-illnesses.JPG \(892×1189\)](#)

HEAT ILLNESS PREVENTION



The Golden Rule for Temps above 80°F: Water, Rest, Shade

Hydration:

- Drink at least 8 ounces of water every 15-20 minutes when working in the heat, even if you're not thirsty.
- Avoid caffeine, energy drinks, and alcohol, as they cause dehydration.

Rest:

- Take frequent, short breaks to prevent heat from building up in your core.

Shade:

- Find a shaded area or an air-conditioned room to cool down.
- Wear light-colored cotton or breathable fabrics, along with a wide-brimmed hat, bandana, or cooling vest.

CONTACT:

Katherine Strain, MS
WNC Environmental Health
and Safety (EH&S)
775-445-3348
katherine.strain@wnc.edu