



## Heat Illness Prevention Policy (HIPP) for South Bay Grading

### Responsibility

Shawn Dean is responsible for implementing this Heat Illness Prevention Plan (HIPP). Supervisors ensure compliance in their areas and address worker questions in a language they understand. Workers must follow safe practices and procedures. The plan is in English, kept at the Foreman's Vehicle/Trailer, and available upon request.

### Provision of Water

- **Availability:** Fresh, cool water (at least 1 quart/worker/hour) is provided free via 5-gallon insulated dispensers with cups and trash receptacles, and replenished as needed by Foreman.
- **Quality:** Foreman ensures water is pure and cool (50–60°F), checked at shift start and every 2 hours, using ice in hot weather conditions (90°F+).
- **Locations:** Water is placed in shade canopies and trailers within 100 feet of work areas (e.g., main gate, field zones).
- **Encouragement:** Workers are reminded to drink 8 oz regularly via pre-shift briefings.
- **Sanitation:** Containers are cleaned daily with bleach solution; only approved potable water is used.
- **High-Heat weather (95°F+ or Heat Wave):** Pre-shift meetings emphasize hydration (1 quart/hour), access to shade and 10-minute breaks every 45 minutes, led by Shawn Dean.

### Access to Shade

- **Provision:** Shade is provided when temperatures reach 80°F and above, via trees, canopies, or trailers within 100 feet of work areas, or promptly upon request below 80°F. Project sites shall have enough shade to accommodate all workers on breaks or meals, managed by rotating breaks if needed.
- **Implementation:** Shade is set up at shift start (80°F+ forecast) or within 15 minutes of request, kept hazard-free and ventilated. Supervisors relocate shade as crews move.
- **Cool-Down Rests:** Workers are encouraged to take 5-minute shade breaks anytime, monitored for symptoms, and not returned to work until symptoms abate (minimum 5 minutes).



- **Alternatives:** In unsafe conditions (e.g., high winds), air-conditioned cabs, indoor breaks, or cooling stations are used, and documented by supervisors.

### **Weather Monitoring**

- **Training:** Supervisors are trained annually to check forecasts using the Clime App by NOAA.
- **Process:** Weather is monitored on a daily basis, adjusting schedules or breaks as needed (e.g., early shifts at 85°F).
- **Implementation:** Shade is deployed at temperatures 80°F and above; high-heat procedures start at 95°F, logged accordingly.

### **High-Heat Procedures (95°F+)**

- **Communication:** Usage of cell phones (does your crew use radio?).
- **Observation:** Supervisors monitor for heat illness every 45 minutes, acting per emergency procedures if symptoms appear.
- **Hydration/Breaks:** Hourly reminders.
- **Pre-Shift:** Meetings at 6:00 AM to review procedures.

### **Heat Wave Procedures (80°F + 10°F Above 5-Day Average)**

- **Observation:** Foreman check workers every hour, logging symptoms as needed.
- **Adjustments:** Work shifts to cooler hours or ends early (e.g., 11:00 AM at 95°F).
- **Meetings:** Tailgate briefings at 6:00 AM to cover HIPP and weather conditions.
- **Buddy System:** Workers monitor each other, reporting symptoms via radio.

### **Acclimatization**

- **Monitoring:** Weather is tracked daily; new workers are observed for 14 days, checked every 30 minutes in heat.
- **Adjustment:** New workers start with lighter tasks in cooler hours, gradually increasing over 14 days.
- **Training:** Annual training that includes acclimatization and procedures.



## Emergency Response

- **Access:** Site maps, radios, and cell phones (831-774-1416) ensure quick contact with 9-1-1.
- **Response:** Severe symptoms (e.g., unconsciousness) require prompt immediate 9-1-1 calls, shade, cooling, and constant monitoring until paramedics arrive.
- **Training:** Annual training to cover heat illness symptom recognition and response, shall be held annually.

## Handling Sick Workers

- **Evaluation:** Symptomatic workers shall rest in shade with water; severe cases that trigger 9-1-1, shall receive first aid treatment (e.g., ice packs, cooling measures, fanning), and monitored continuously.
- **Follow-Up:** Shawn Dean checks on workers post-incident, logging details.

## Training

- **Supervisors:** Trained annually on the HIPP.
- **Workers:** Trained before work and annually on water, shade, rests, heat illness, reporting, and emergency procedures, in their language. Records are kept for 3 years.
- **New Workers:** Paired with experienced staff for 14 days to monitor for acclimitization and