

SAFE JOB PROCEDURES 4.18

JOB TITLE: SAFE WORK TEMPERATURES

DEVELOPED BY: Jennifer Moher **DATE:** February 19, 2008

APPROVED BY: Dan Sager **POSITION:** Safety Coordinator

DATE: April 4, 2008

REVISED BY: _____ **DATE:** _____

1. Dress appropriately for the conditions in which you will be working. Bear in mind the requirements of PPE when working with insulation or drywall/mud dust.
2. In extremely hot temperatures consider starting work earlier in the morning and working in the evenings to avoid the hottest part of the day.
3. Ensure adequate ventilation in the house including opening windows and doors. Ensure you stay well hydrated with water.
4. Monitor for signs of heat stroke including, rapid pulse, hot and flushed skin, headaches, fatigue, dizziness, nausea, vomiting and unconsciousness.
5. If heatstroke is suspected, stop work immediately, move the affected worker to a cool shaded place and seek immediate first aid or medical assistance.
6. If the external temperature is extremely cold, no sub trade shall be forced to work in a house without heat. The heat should increase the inside air temperature significantly.
7. In cold environments, monitor for mild signs of hypothermia including shivering, slurred speech, a person may be withdrawn or disinterested.
8. If hypothermia is suspected, stop work immediately and obtain immediate first aid or medical assistance.
9. If temperatures dip below -25 degrees Celsius, allow your vehicle to warm up for a minimum of 5 minutes so it will run more easily.
10. DO NOT SUPPLY YOUR OWN HEAT unless authorized by immediate Supervisor.