DINING SERVICES HEAT STRESS POLICY

Purpose and Guidelines

The purpose of this Dining Services Heat Stress Policy is to protect employees from the adverse effects of heat while they are performing their job in non-air conditioned facilities.

Supervisors of Dining Services crews when measured wet bulb globe temperature index (WBGT) is not available can use the following guidelines to judge heat stress levels and break schedule. As always, the workload of the employee and an individual’s susceptibility to heat-related illnesses must be considered. Common sense should prevail.

These guidelines are designed on the temperature of the ambient air as measured on a Taylor food probe thermometer and for individuals performing moderate activities. The Dining Manager on duty will take temperature readings at 11:00 a.m. and 2:00 p.m. in the warmest area of Burnham kitchen/service line and will document the reading on days suspected of causing heat stress; additional measurements may be taken if deemed necessary. Environmental Health and Safety should be contacted when the ambient air temperature reaches 93°F or above; at EHS discretion a WBGT measurement may be taken.

GUIDELINES FOR WHEN WBGT IS NOT MEASURED

<table>
<thead>
<tr>
<th>RECOMMENDATIONS</th>
<th>AMBIENT AIR TEMPERATURE</th>
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<tbody>
<tr>
<td>-Encourage short cool down breaks</td>
<td>93°F</td>
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<tr>
<td>-Encourage proper hydration with water</td>
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<td>-Chef’s jacket is optional, alternative uniform top permitted</td>
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| -Encourage short cool down breaks      | 95°F                    |
| -Encourage proper hydration with water  |                         |
| -Chef’s jacket is optional, alternative uniform top permitted |

| -Mandatory short cool down breaks      | 98°F                    |
| -Mandatory proper hydration with water  |                         |
| -Chef’s jacket is optional, alternative uniform top permitted |

Departmental Responsibilities

- Inform supervisors who in turn inform each of their employees of the occurrence of heat stress conditions and the recommendations. If a heat stress level is reported it will continue until temperature measurements dictate otherwise.
- On days likely to cause heat stress, schedule activities which cause a high metabolic workload or require working in an enclosed area in the coolest parts of the day.
- Provide readily available fresh water in the work vicinity in order that the employees can frequently drink small quantities.
- Air movement provided by fans can significantly lower the level of heat stress.
- Ensure rapid treatment or medical evaluation for employees reporting heat related illnesses and complete an accident injury report form.
- Contact the Environmental Health and Safety department if WBGT measurements are requested.

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**Employee Responsibilities**

- Recognize and report symptoms of heat related illnesses.
  
  o Onset of Heat Rash
    - Skin rash (often numerous small reddish skin bumps) appear on arms, shoulders, chest, and behind knees
  
  o Heat Cramps
    - Cramping of the abdomen, leg, and arm muscles
    - Caused by a salt imbalance because sweating causes a drain of the body fluids and salts, often hydration has not been adequate
  
  o Heat Exhaustion  
    *Call for medical help.*
    - Pale clammy skin and **profuse perspiration**
    - Tiredness, nausea, and dizziness
    - Vomiting, fainting and cramps
      - If vomiting occurs, stop fluids and take to hospital
  
  o Heat Stroke  
    *Life threatening illness! Call for medical help immediately!*
    - Hot, flushed, and **dry skin**
    - Increased body temperature
    - Mental confusion and stumbling
    - Eventually convulsions and loss of consciousness can occur

- Drink water frequently on heat stress days. Approximately eight (8) oz. of fresh water every twenty (20) minutes is recommended.
- Eat normal portions and use regular meal schedule for meals and snacks to provide salt and electrolytes to replace those lost through sweating.