

# **Allegany County Public Schools Heat Related Illness Prevention and Management Plan**

## **Purpose and Scope:**

Allegany County Public Schools (ACPS) has established a heat-related plan for prevention, monitoring, and emergency response procedures for the safety of employees exposed to high-heat conditions in accordance with the Maryland Occupational Safety and Health (MOSH) Heat Stress Standards (COMAR 09.12.32). The plan applies to all indoor and outdoor employees whenever the heat index is at or above 80°F in the working area where heat exposure can occur.

## **Heat Index Monitoring:**

Direct Supervisors will monitor the heat index through the use of local weather stations, direct on sight measurements, and/or the NIOSH Heat Safety Tool APP to determine required protections. Visual checks will be performed hourly for signs of heat illness.

### **Heat Index Level Guide**

- ≥ 80°F Basic protections required with normal rest periods implemented
- ≥ 90°F High-heat protocols with a minimum of 10 minutes of rest per every 2 hours of work
- ≥ 100°F Mandatory enhanced rest periods with a minimum of 15 minutes per every hour

## **Responsibilities and Training:**

### **Direct Supervisors:**

- Monitor daily weather & heat index before shift
- Determine if high-heat protocols are required
- Respond and coordinate care in the event of heat-related illness
- Implement acclimatization plan for new & returning employees
- Annually view Safe Schools video on heat stress management for training records

### **Employees:**

- Drink water regularly
- Take all required breaks
- Report symptoms of heat illness to supervisor immediately

- Follow acclimatization plan when applicable
- Annually view Safe Schools video on heat stress management for training records

## **Preventive Measures:**

### **Hydration:**

- Cool drinking water readily available on site (Employees are to drink at least 32 ounces of water per hour)
- Bottled water provided on site when needed

### **Shade:**

- Air conditioning provided indoor and for travel whenever available
- Shaded resting areas on site

### **Acclimatization:**

- New hires and employees returning after 7 or more days will have gradual exposure for a period of up to 14 days
- Extra breaks will be implemented during acclimatization period

## **Emergency Response**

Complete the following steps if an employee shows signs of heat illness (dizziness, confusion, nausea, vomiting, seizures):

1. Call 911
2. Move employee to shaded or air-conditioned area
3. Remove heavy clothing, provide cool water, and cold compress
4. Notify direct Supervisor (Foreman) and Superintendent
5. Stay with the employee until EMT services are on scene

## **Training**

- Initial training before first heat exposure
- Annual Safe Schools training video
- Monitor working crews during work shifts
- Provide water and shade on site

## **Compliance/Records**

- Activate and document high-heat protocols when applicable
- Maintain daily heat index log
- Keep records of annual trainings
- Document heat-related incidents

## **Additional Information**

- Each building will have an indoor/outdoor Heat Stress WBGT (Wet Bulb Globe Temperature) Meter
- Acclimation means the body's temporary adaptation to work in heat that occurs as a person is exposed over time
- Personal Protective Equipment (PPE) should be designed to allow as much heat dissipation as possible. Where feasible, the use of lighter clothing shall be encouraged to help manage heat stress
- Heat awareness and safety precautions are of importance as an employee of ACPS