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Purpose:

The health and well-being of all employees, associates and contractors are our priority. The purpose of the standard is to provide all employees, associates and contractors at Horizon Plastics with a workplace guideline to help reduce the possible effects of heat stress during the summer months.

Scope:

These guidelines apply to all manufacturing employees, associates and contractors, working in the building during potential heat stress days or during a heat stress alert.

Definition:

Heat Stress

Heat Stress occurs when the body’s cooling system is overloaded. Hot temperatures combined with high humidity, high physical work, medical conditions and acclimatization can contribute to heat stress.

Heat Stress Hazards

- Heat Rash
- Sunburn
- Heat Cramps
- Fainting
- Heat Exhaustion
- Heat Stroke

Responsibilities:

Supervisor:

At the beginning of each day shift, the Supervisor will be aware of the forecasted weather conditions for the day. If it is believed to be a high humidex day there are four designated locations to take temperature and humidity readings: Column beside machine 209, in the hydraulics area, on machine 216 at the front left side and in the ITT area on the column beside the wrapper.

The Supervisor on shift should be conducting the temperature and humidity readings. The temperature and humidity will be recorded and then using the humidex chart find the corresponding numbers for temperature and humidity. Find where they meet on the


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chart and that number will give you the humidex reading. The Supervisor will post whether it is a heat stress day on the information board outside the lunchroom and inside the Supervisor’s office and down in building 4 at the shipping office. If it is a heat stress day another reading will take place at 3pm and this will also be recorded. The Supervisor will also send an email to all HPI production people to alert them of the heat stress day.

In the instance of prolonged high temperature and high humidex, the email will state for the next “X” days there is a **Heat Stress Alert**. This alert will also be posted on the information board and in the Supervisor office. The Heat Stress Alert may be cancelled if there is a change in the forecast.

Managers:


Managers or designates will communicate to all teams during the morning start up meetings and production meetings throughout the day, when possible.

The communication will include:

- Inform employees that it is a heat stress day and that they should use the buddy system with pre-determined checks every 10-minutes on individuals who may be working alone. Specific departmental procedures may be developed during the heat stress day/ alert period
- Encourage employees to drink lots of fluids. It is recommended that employees should drink 1 cup of water every 20 minutes.
- Be alert and report any signs or symptoms of heat stress immediately.
- Wear light clothing to allow air to circulate. Cotton or cotton blends are recommended.
- Use air conditioned rest areas during breaks and lunches (lunchroom).
- Ensure fans are at work stations and work tables.
- If required have employees rest in an Air Conditioned office area.

Director of Operations:

If the humidex temperature is such that a Heat Stress day is declared extra rest breaks may be required during the day. The decision for extra rest breaks will be determined during the morning meeting and will be communicated to all those affected in the manufacturing areas by the Director of Operations or designate.

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Should the humidex index chart measure plant temperature at 45 Degrees Celsius or greater, production requirements will be reviewed and consideration will be given to re-arranging strenuous work to a cooler time, possibly slowing cycle times on machines or the implementation of additional control measures.

All Employees:

- Adhere to the workplace guidelines
- Keep an eye on yourself and fellow workers and immediately report to the supervisor any signs or concerns of heat stress.
- Be mindful of and aware of the signs of dehydration
- Immediately report or request help from a First Aid Attendant if you are concerned

Humidex Based Heat Response Plan

Humidex	Response	Humidex
32-35	Supply water to workers on an “as needed” basis	32-35
36-39	Post heat stress alert, Encourage workers to drink extra water, Start recording hourly temperature and relative humidity	36-39
40-42	Post heat stress warning notice Notify workers that they need to drink extra water Ensure workers are trained to recognize symptoms	40-42
43-44	Work with 15 minutes relief per hour can continue Provide adequate cool water At least 1 cup(240ml) of water every 20 minutes Worker with symptoms should seek medical attention	43-44
45-46*	Work with 30 minutes relief per hour can continue in addition to the provisions listed previously	45-46*
47-49*	If feasible work with 45 minutes relief per hour can continue in addition to the provisions listed above	47-49*
50 or Over	Only medical supervised work can continue	50 or Over

*at Humidex exposures above 45, heat stress should be managed as per the ACGIH TLV



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Humidex Index Chart

Temp.	Relative Humidity (RH) (in %)																
C	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
21					21	22	22	23	24	24	25	26	26	27	28	28	29
22				22	22	23	24	25	25	26	27	27	28	29	29	30	31
23				23	24	24	25	26	27	28	28	29	30	31	31	32	33
24				24	25	26	27	28	28	29	30	31	32	33	33	34	35
25				25	26	27	28	29	30	31	32	33	34	35	35	36	37
26			26	27	28	29	30	31	32	33	34	35	36	36	37	38	39
27			27	28	29	30	31	32	33	34	35	36	37	38	39	40	41
28			28	30	31	32	33	34	35	36	37	38	39	40	42	43	44
29		29	30	31	32	33	35	36	37	38	39	40	41	43	44	45	46
30		30	31	32	34	35	36	37	39	40	41	42	43	45	46	47	48
31		31	33	34	35	37	38	39	40	42	43	44	46	47	48	49	50
32		33	34	35	37	38	40	41	42	44	45	46	48	49	50	51	53
33	33	34	36	37	38	40	41	43	44	46	47	48	50	51	52	54	55
34	34	35	37	39	40	42	43	45	46	47	49	50	52	53	55	56	58
35	35	37	39	40	42	43	45	46	48	49	51	53	54	56	57	58	
36	37	38	40	42	43	45	47	48	50	51	53	55	56	58	59		
37	38	40	42	43	45	47	49	50	52	54	55	57	58				
38	40	42	43	45	47	49	50	52	54	56	57	59					
39	41	43	45	47	49	51	52	54	56	58	59						
40	43	45	47	49	51	52	54	56	58								
41	45	47	48	50	52	54	56	58									
42	46	48	50	52	54	56	58										
43	48	50	52	54	56	58											

How to determine the Humidex

Temperature in C and the Relative Humidity % = Humidex

Example:

Step 1. Temperature is 30°C – follow down the temperature column down till you find temperature 30

Step 2. Relative Humidity is 45 – Follow the row of numbers across the top till you find 45

Step 3. Identify where the 2 points intersect and this will determine the number representing the Humidex.

In this example: Temp 30°C and the Relative Humidity 45 = Humidex of 35