

Management of Thermal Stress

1.0 GENERAL

Thermal stress is a temperature and humidity related phenomenon that can negatively impact the human body with immediate and/or long-term health effects. Thermal stress normally occurs in varying degrees as heat cramps, heat exhaustion, heat stroke, or frostbite. Thermal stress may also be brought on by work that alternates between hot and cold extremes. Advanced stages of thermal stress may represent a true medical emergency and should be handled as such. Where feasible, engineering control measures are preferred to reduce thermal exposure over administrative controls or personal protective equipment.

2.0 REQUIREMENTS

Each component should

- 2.1 Identify, document, and analyze workplace hazards associated with potential thermal stress.
- 2.2 Develop and publish standard operating procedures to reduce risk to employees, students, and visitors for identified hazards.
- 2.3 Provide and document training to affected employees, students, and visitors for identified hazards.

3.0 THERMAL STRESS MANAGEMENT PROGRAM

Affected components should develop and implement a thermal stress management program to include

- 3.1. Training that addresses:
 - 3.1.1. Potential causes of thermal stress
 - 3.1.2. Methods to prevent thermal stress
 - 3.1.3. Recognition of thermal stress symptoms
 - 3.1.4. First aid for thermal stress related disorders
- 3.2. Shift work and frequent work breaks where applicable to reduce exposure duration to extreme thermal conditions

- 3.3. Other items to minimize the risk of thermal stress (e.g., drinking water, “cool vests,” etc.)
- 3.4. Employee medical surveillance, if applicable.

Contact for Interpretation
History

Office of Risk Management and Safety
New Regulation

Recommendation:

Legal Sufficiency

General Counsel

Approval

Associate Vice Chancellor and Treasurer