



The Student Conservation Association

CONSERVATION BEGINS HERE

SCA Risk Management Resources

Hot Weather Advisory – ASSESS, PREVENT, REPORT

ASSESS CONDITIONS AND PROJECT/WORK SITE:

1. Use the Heat Index (Page 79 of Field Operating Standards) or the OSHA Heat App (see link at bottom)
2. Follow SCA heat protocols in the Field Operating Standards
3. Identify areas where you can either find shade or create shade for rest breaks
4. Assess members and leaders' for signs of dehydration, heat exhaustion, or heat stroke

Heat Exhaustion



Dizziness



Headache



Sweaty skin



Fast heart beat



Nausea, vomiting



Weakness



Cramps



Heat Stroke



Red, hot, dry skin



High temperature



Confusion



Fainting



Convulsions





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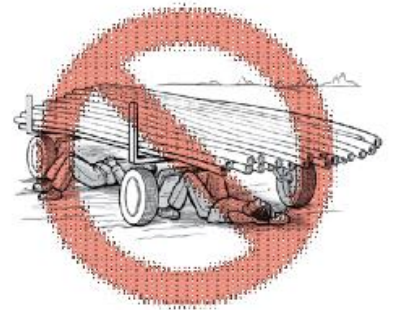
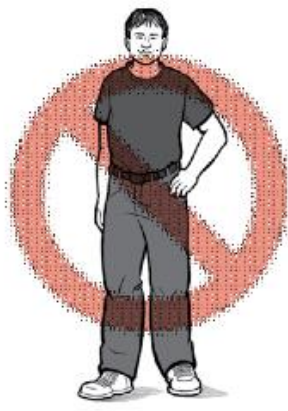
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PREVENT HEAT ILLNESS, SUNBURN, AND DEHYDRATION

On days that are unmanageable, work with program management and agency partners to do alternate work projects, environmental education days, indoor work, or consider cancelling work for that day. Some practical steps you can take to both prevent and respond to heat illness are below:

- Use umbrellas or shade tarps
- Fill a cooler full of ice for the work site
- Bring zip lock bags to fill with ice
- Provide spray bottles full of water for evaporative cooling
- Provide wet towels or bandannas for evaporative cooling
- Take breaks every hour or more and play hydration games or drinking contests
- Apply ice to wrist, groin, top of the head, carotid artery for rapid arterial cooling
- Provide electrolytes or drink mix to make the water more appetizing to drink
- Use sunscreen to prevent sunburn (and re-apply throughout the day)
- Wear light colored clothing, long sleeves, long pants, and a hat for sun protection
- Treat any signs of dehydration or heat illness aggressively and seriously



REPORT any incidents to Risk Management immediately

Any incidents of severe dehydration, heat exhaustion, heat stroke, or missing work due to heat should be immediately reported to the Risk Management Department after the member/staff seeks medical attention. If you are unsure if you need to cancel work for the day, consult with Regional Program Directors, Operations Directors, or Risk Management Department for assistance.

USING THE HEAT INDEX: https://www.osha.gov/SLTC/heatillness/heat_index/index.html

FACT SHEET: https://www.osha.gov/SLTC/heatillness/3422_factsheet_en.pdf#page=1&zoom=auto,0,102

OSHA PHONE APP: https://www.osha.gov/SLTC/heatillness/heat_index/heat_app.html

Call the 24 hour SCA Emergency Support Hotline to report: **1-800-YOSOOGY** (1-800-967-6449)

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