



R.A.M.P.

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PRECAUTIONS for New Hires

New Hires that are not acclimatized to the hot working conditions are more susceptible to heat illness.

20% Rule

Schedule new workers for shorter shifts with additional breaks. Employee works for only 20% of normal shift the first day and increases by 20 % each day.



- Provide heat stress training



- Importance of Staying Hydrated and Resting



- Experienced employees monitor new hires closely for heat illness symptoms



- Use the buddy system - never allow a new hire to work alone



- Implement these precautions for one to two weeks

TRAINING TOPICS

- Types of Heat-Related Illness
- Importance of Immediate First-Aid Treatment to Affected Workers
- Procedures for Contacting Emergency Medical Services
- Importance of Protecting new "unacclimatized" Workers including practices to help workers develop acclimatization.
- Job-Related and Personal Risk Factors for Heat-Related Illness
- Fluid Replacement Guidelines
- Appropriate Work/Rest Cycles (mandatory rest breaks) when Heat Stress is High
- Importance of Taking Breaks in Areas that are Cooler than the Worksite - Shade or Inside.

OSHA HEAT ILLNESS TRAINING MATERIALS

[Link for Training Materials](#)



NIOSH HEAT SAFETY TOOL SMART PHONE APP

Type in job-site zip code and follow precautions and guidelines outlined by the Heat Index (Temperature, Humidity & Workload) are calculated to determine what precautions need to be taken with consideration of the daily heat index. The heat index should influence your daily work/rest cycles and be adjusted as temperatures rise over the summer months. Standard break schedules could be dangerous when workers are in extremely hot weather conditions.

OSHA Heat Index

[Link for Heat Index](#)

NIOSH Smart Phone App Info

[Link for NIOSH App](#)

EMPLOYER IMPLEMENTS CONTROLS provides

- **SHADE**
- **REST**
- **FLUIDS**

Other controls such as cooling neck wraps, reflective clothing, sunscreen, SPF protective clothing, ice, and on-site first aid heat illness treatment equipment will help keep workers safe.