

HEAT STRESS AND HYDRATION IN PROCESS UNITS

HEALTH | THINK AHEAD. CONTROL THE HAZARD. PROTECT THE CREW.

Today we are discussing heat stress and hydration in process units. Review the job, identify the specific exposure, and agree on the controls before work begins.

COMMON HAZARDS AND SAFEGUARDS

- Plan heavy work for cooler periods where practical
- Drink water regularly rather than waiting for thirst
- Use required work-rest cycles and cooling areas
- Watch coworkers for confusion, cramps, dizziness, or unusual behavior
- Account for FR clothing and respiratory PPE heat load
- Treat altered mental status as an emergency

THE COMMON-SENSE CHECK

- 1 What can go wrong during heat stress and hydration in process units?
- 2 Which of today's conditions increases the risk?
- 3 Are isolation, permits, and equipment verified?
- 4 Does everyone understand the controls and limits?
- 5 What will make us stop, withdraw, or raise the alarm?

CONTROL THE EXPOSURE

PLAN

Plan heavy work for cooler periods where practical

VERIFY

Drink water regularly rather than waiting for thirst

CONTROL

Use required work-rest cycles and cooling areas

RESPOND

Treat altered mental status as an emergency

ASK THE CREW

1. Where could this hazard affect us during today's work?

2. Which control must be verified before we begin?

3. What condition requires us to stop work or evacuate?

DATE: _____

SUPERVISOR: _____

CREW / LOCATION: _____