1. Purpose

University of Alaska Anchorage (UAA) employees, student workers, faculty, staff, and outside contractors who are exposed to heat on the job, whether in an indoor or outdoor environment. Every year, thousands of workers become sick from occupational heat exposure and some are fatally injured. This program for Heat Stress Safety is intended to ensure workers are knowledgeable in the hazards of working in a high heat environment and the steps necessary to avoid heat-related illness.

2. Objective

UAA, in its continuing effort to provide employees with safe, healthful working conditions, and to comply with the Occupational Safety and Health Act is implementing the following program for heat stress to protect people working at the University, by helping employees, student workers, faculty, staff, and outside contractors better understand heat related illness and prevention.

3. Scope

This policy applies to UAA employees, student employees, faculty, staff, and outside contractors working at UAA in hot environments. This standard applies to UAA projects where ambient (not adjusted)

Assist in the monitoring personnel for signs of heat stress and illnesses

Employees/Student Workers

Know the signs of heat stress

Heat Stress Hazard Determination

Heat stress is influenced by air temperature, radiant heat, humidity, and physical demand. Workers can monitor the heat index for work outdoors using weather monitoring websites or OSHAôs Heat Index App. If available, the Wet Bulb Globe Temperature (WBGT) is a useful

effectively control heat stress by shortening the work period, or to allow for long work periods if workers are recovering adequately during rest breaks.

Perform physiological monitoring as soon as the employee stops working and begins their break (rest). Perform physiological monitoring at least every hour. Base rest breaks on the results of the monitoring, workers' self-assessment, and professional judgment.

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