YASKAWA

Heat Illness Prevention

Yaskawa's Heat Illness Prevention Program and related safety training is located at www.YaskawaSafety.com

National Weather Service Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

Fatigue Possible with prolonged exposure and/or physical activity

Heat Syncope, Heat Cramps, or Heat Exhaustion Possible

Heat Syncope, Heat Cramps, or Heat Exhaustion Likely and Heat Stroke Possible

Heat Stroke Highly Likely with continued exposure

Environmental and Personal Risk Factors can Increase the Risk of Heat Illness

Environmental

- ☐ No Breeze
- ☐ Hot Wind
- ☐ Radiant Heat
- ☐ Conductive Heat

Personal

- ☐ Age
- ☐ Health
- ☐ Medications
- ☐ Drug/Alcohol

Other Factors

- ☐ Amount of physical exertion
- ☐ How well the person is acclimated
- ☐ Clothing and PPE that restricts the body to evaporate sweat
- ☐ How well the body is hydrated

Heat Illness Prevention

When temperature is ≥ 80° F

1. Drink at least 4 cups (1 qt) of water per hour
2. Rest in shade or air conditioned location for at least 10 minutes every two hours
3. Monitor for signs of heat illness

When temperature is ≥ 95° F or Heat Wave*

1. Supervisor reviews Heat Illness Prevention Plan with Associate
2. Field Service Associate checks in with supervisor at least once every hour
3. Everything shown to the left for ≥ 80° F

* A heat wave is any day in which the predicted high temperature will be at least 80° F and at least 10 degrees higher than the average high daily temperature in the prior 5 days. When traveling to remote sites, consider the temperature from where the associate has been for the past 5 days and the weather at their destination.

Heat Illness Signs, Symptoms, and First Aid

NOTE: No Yaskawa associate shall perform work or any hazardous activities including working with live electrical power, driving, or operating powered tools if they are showing any signs of potential heat illness.

Heat Illness	Signs & Symptoms	First Aid
Heat Stroke	• Red, hot, and dry skin • Lack of sweating despite the heat • Behavioral changes such as confusion or disorientation • Signs of difficulty breathing, seizures, or unconsciousness	• Call 911 Immediately • Move person to cool place • Remove unnecessary clothing • Fan air while wetting skin with water
Heat Exhaustion	• Cool moist skin, often with goosebumps • Heavy sweating • Faintness, Dizziness, or Nausea • Fatigue	• Move person to cool place • Have person slowly drink or sip water • Call 911 if symptoms do not get much better within 15 minutes
Heat Cramps	• Profuse sweating with involuntary muscle spasms	• Move person to cool place • Have person slowly drink or sip water • Call 911 if symptoms do not get much better within 15 minutes