



## OXY Heat Stress Awareness / Heat Stress Management Program

With the current heat wave hitting our region and temperatures soaring into triple digits almost every day, it's crucial to prioritize the prevention of heat stress injuries. To address this, OXY has implemented a Heat Stress Management Program to prevent heat-related illnesses. It's our expectation that everyone working for OXY understands the program and follows it. Let's ensure we are well-informed about the signs of heat related illness and implement measures to safeguard ourselves and our coworkers.

Here are some key steps to remember:

### **Stay Hydrated**

Make it a priority to drink cool water frequently, even if you don't feel thirsty. Aim for at least 1 cup every 20 minutes. For Heat Indexes above 103 degrees Fahrenheit, increase fluid intake to 1 cup every 10 minutes. Avoid energy drinks as they may increase dehydration.

### **Take Regular Breaks**

Allocate sufficient time for rest and recovery, considering the prevailing temperature, humidity, and working conditions. Heavy and minimal work activities should be alternated. Tasks should be rotated amongst employees. Supervisors will ensure that the appropriate rest levels are followed dependent on the heat stress indicator, and that sufficient shelter and fluids are available. All personnel are required to follow the APC Heat Exposure Work/Rest Guide chart below.

### **Seek Shade or Cool Environments**

When taking breaks, find a designated cooling station, shady spot, or a cool area where you can recharge.

### **Dress Appropriately for the Heat**

Wear lightweight, breathable clothing that allows air circulation and helps regulate body temperature. This will be difficult with FRC's but opting for light-colored fabrics that reflect sunlight rather than absorbing heat should be considered. Remember wearing certain types of PPE increases your risk for heat-related illnesses. Plan for additional cooling breaks when planning your work.

### **Keep an Eye out for your Coworkers**

Be vigilant and watch for any signs of heat stress in your coworkers. If you notice someone displaying symptoms such as dizziness, confusion, excessive sweating, or fainting, take immediate action by alerting a foreman or calling for medical assistance. For workers new to hot environments, allow them to acclimatize by gradually increasing their exposure over a week or two. During heat waves, all workers will need more breaks to become acclimated. Also consider rescheduling the more physically demanding and exposed tasks to non-peak heat hours.

Workplace safety is everyone's responsibility. Let's spread awareness about heat stress and its prevention strategies as we navigate through these hot summer months. Stay cool, hydrated, and informed!"

**Web-Link for OXY US Offshore Heat Stress Management Program:**

<https://ocap.oxy.com/siteassets/gom/documents/heat-stress-management-program-1.pdf>

APC Heat Exposure Work/Rest Guide				
Heat Index	Work : Rest Minutes	Water Requirements	Controls	Flag Color
125 or higher*			Work requirement evaluation.	Red (Extreme Danger)
104-124**	20:10	1 cup every 10 minutes	Work under shade. Elevated and confined space work stopped.	Orange (Danger)
91-103	40:10	1 cup every 20 minutes	No working alone.	Yellow (Extreme Caution)
80-90	50:10	1 cup every 20 minutes	Continuous visual monitoring of workers under direct sun and heavy work.	Green (Caution)
Note* (125+)	Critical activities will be allowed to continue subject to a maximum of 20:20 work/rest periods, an approved risk assessment and additional control measures in place (i.e. air blowers, buddy system). Non-critical activities will be stopped.			
Note** (104-124)	If working in shade is not possible as a heat stress control, tasks shall be individually risk assessed and additional control measures such as increased rest periods implemented.			

**Please acknowledge Heat Stress Awareness via the attached QR code or provided link below. This is mandatory.**

[Heat Stress Awareness Acknowledgement \(office.com\)](https://office.com)



Please note that you can not access the QR Code with Apple Safari browser