



EWT HOT WEATHER ADVISORY POLICY Preventing Heat Stress at Work

When outside temperatures starting to soar (>40°C), EWT is taking the steps necessary to protect its workers from heat stress and heat-related illness.

Heat can cause more than just discomfort. Exposure to high heat and high humidity can be life threatening. We make sure workers know the signs, symptoms and appropriate first-aid procedures for serious heat illnesses.

Preventing Heat Illness: What EWT is committed to:

- Provide adequate amount of drinking water. – As much as one quart (1 liter) per worker per hour. Provide EASY access to this water!! It is also important to replace what is lost through sweat.
- Provide regular rest breaks or rest periods. Rest breaks should be taken in a cool area. **Management shall** provide rest breaks in accordance with how hot the work environment is, and how heavy the work load. Workers in hotter work environments and with heavier workloads should be provided with more frequent rest breaks.
- Increase the air circulation. Use air conditioning, fans and general ventilation to cool down the work area and cool off workers.
- Alert workers to the early signs of heat-related illness. Allow workers who experience these early signs to take a break. Heat-related illnesses can come on very rapidly and can be fatal.
- New, or un-acclimatized workers shall not be allowed to work full-time, right away, in a high heat area. It takes about one week for the body to adjust to working in the heat.

EWT is committed to **comply with** preventive measures for nullifying the two major heat-related illnesses, **which** are heat exhaustion and heat stroke.

EWT **shall** conduct regular programmes on these preventive measures to all personnel for continual improvement.


Managing Director

Ref: EWT/HSE/POL/013

25/10/2018

Rev. 02



PRESSURE VESSELS | PROCESS PLANT EQUIPMENT | STEEL STRUCTURES

