



Five Minute Meeting:

Topic: COVID-19 Heat Illness Awareness

Date: May 5, 2020

Audience: All Employees

The key thing you need to know

As temperatures rise, it is important to understand how enhanced PPE requirements such as face coverings, gloves, and disposable coveralls may affect the Heat Illness Prevention Plan.

Why it matters to you

Wearing additional PPE to minimize the spread of infection while performing sustained physical activities, combined with high heat and humidity may present a risk of heat illness for some employees. Employees with underlying medical conditions, such as pregnancy, diabetes, obesity, respiratory or cardiovascular issues may be at an increased risk for heat illness.

Key discussion points

- **HYDRATE! HYDRATE! HYDRATE!** The most important thing you can do to prevent heat illness is to maintain proper hydration. Drink often, even if you're not thirsty.
 - As temperatures reach and exceed 85°F remember to utilize shade or air conditioning and take frequent breaks in addition to maintaining proper hydration (16-32oz water per hour).
 - Water is the best thing to drink. Avoid alcohol and caffeine and be wary of beverages with high sugar content.
- Breathing through a face covering can strain the cardiovascular and respiratory systems so try to limit use if **NOT** near other people.
 - Do not soak face coverings in water prior to use. Face coverings lose significant filtration efficiency when wet.
- If you are susceptible to heat rash, wearing a face covering in hot weather may make heat rash or acne more likely. Remove face covering if **NOT** working around other people and wash frequently.
- If required to wear additional coveralls to conduct work in higher risk locations, wear lighter, non-FR coveralls where feasible. **FR Coveralls worn for work in higher risk areas (like Tyvek) are not permissible when double layer FR is required.**
- If you have experienced a heat related illness in the past, you are more susceptible to heat illness than someone who has never had one.

- Monitor yourself and whomever you may be working with for signs and symptoms of potential heat illness. As heat illness worsens, judgment is often impaired and the person doesn't realize they are ill.

Resource Links

[Advisory Info: Coronavirus](#) website

[Heat Illness- 80-95 Degrees](#)

[Heat Illness- +95 Degrees](#)

Who do I contact with questions

COVID-19PPE@pge.com email box