



ORANGE COUNTY EMERGENCY SERVICES



SAFETY NOTICE 10-002

Operations During High Temp Periods

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BACKGROUND

High temperatures are projected to continue soaring throughout the state for the foreseeable time. Employees should be cognizant of the added dangers of operating in very high temperatures and take all precautions to protect themselves, partners and the public. Given that many of you will be operating outside throughout the day as a normal part of your assigned functions, certain precautions should be followed when doing summer time work, especially over the next few days until this short term heat wave(s) breaks.

Keeping an eye on the temperature should be foremost on the to-do list of any supervisor with employees working outside.

Be aware of any heat or air quality advisories that are issued, and be prepared to take action as needed. Preventing injuries from the heat, and taking the proper measures when a heat-related injury occurs, will help to reduce the impact of the heat on your employees.

AVOIDANCE

Most importantly, if you can adjust your schedules to avoid conducting outside, non-emergent activities during the hottest part of the day, which is normally the afternoon, then do so. This will help you to avoid undue stress from the heat.

PROTECTION

For many of you, avoiding outdoor work is not possible. Remember to drink plenty of fluids, wear clothing that allows for greater air flow across the body, and take plenty of rest breaks. Sports drinks, bananas, or other potassium rich foods can help to replace electrolytes lost due to sweating.