

**NAVY PUBLIC WORKS CENTER  
DETACHMENT PHILADELPHIA**

**STANDARD OPERATING PROCEDURE**

**HEAT EXHAUSTION**

**PROCEDURE NUMBER 500. 29**

**DISCLAIMER: These Standard Operating Procedures (SOP) are for the exclusive use of NAVY PUBLIC WORKS CENTER (PWC) NORFOLK DETACHMENT PHILADELPHIA. They are promulgated as guidance for other NAVFAC COMMANDS. If intended to be used by other Activities, they must be tailored to each Activities particular requirement and must be reviewed/approved by the activities Safety Professionals prior to use.**

---

*Preparer:* \_\_\_\_\_ *(Date)*

*Approved:* \_\_\_\_\_ *(Date)*

*Safety Professional:* \_\_\_\_\_ *(Date)*

*Department Head:* \_\_\_\_\_ *(Date)*

*Officer in Charge* \_\_\_\_\_ *(Date)*

**STANDARD OPERATING PROCEDURE  
HEAT EXHAUSTION  
SOP# 29**

**Purpose:**

Procedure to deal with all heat related illnesses.

**Tools and PPE:**

Tools- any tool needed to do a task on hand. Cloth coveralls, steel toe shoes and plenty of fluids.

**Procedures:**

1. In this geographical area during the summer, temperatures and relative humidity may be high. These conditions may result in personnel being uncomfortable, and in some instances may present a health risk to Personnel.

2. The guidelines below should be followed to prevent or minimize heat- related health disorders.

a. All personnel should be educated regarding the hazards of working in hot environments, and the benefits of implementing proper controls and work practices to minimize heat stress; personnel should also be educated regarding the signs and symptoms in themselves and their coworkers.

b. Personnel can become acclimatized to the heat, usually within 7 days; during this time, the body will undergo a series of changes that will make continued exposure to heat more tolerable; acclimatization can be lost in as short a period of time as one week; personnel may need another acclimatization period after a vacation or other period away from work.

c. Personnel should perform hot work or other strenuous activities during the cooler parts of the day; unnecessary equipment should not be operated, in order to minimize the amount of heat being emitted from machinery; steam or hot water leaks should be promptly repaired.

d. Drink plenty of fluids, especially water, as much 8 ounces every 15 minutes, to keep from getting dehydrated; the sense of being thirsty is not a good indicator of dehydration; all workers should drink more than being thirsty dictates to avoid dehydration.

e. Wear light, or light colored, clothing should be loose at the neck, arms, and legs; > tropical = attire may be appropriate in some work areas.

f. Do not take salt tablets or increase the amount of salt that you put into your food.

g. Personnel should get plenty of sleep after working in hot conditions.

h. Personnel should minimize alcohol consumption.

