

**U.S. Army Corps of Engineers  
Fort Worth District  
Safety & Occupational Health Office**

# **Lessons Learned**

**ACCIDENT:** Heat Exposure

**Date:** 23 August 2000

**WHAT HAPPENED:** Employee working as a steel erector was found crawling to his vehicle located at the job site. Employee was over come by heat exposure.

**CONTRIBUTING FACTORS:**

- High temperature along with high humidity.
- No water provided at site.

**RESULTS:** Employee was taken to a local hospital for observation and later released.

**LESSONS LEARNED:**

**Reference-EM 385-1- USACE Safety and Health Requirements Manual**

- **Early recognition of heat illness is easily reversible.**
- **Remind employees to drink plenty of water throughout the day.**
- **Use the buddy system to monitor each other.**
- **Plan for frequent breaks; recommend they be taken in a shaded area.**
- **Be sure everyone knows the signs and symptoms of heat related illnesses and how to administer the proper first aid treatment.**

06.J.02 Employers shall develop a comprehensive written site-specific heat/cold stress monitoring plan, in accordance with guidance provided in the ACGIH "Threshold Limit Values and Biological Exposure Indices" and other references the employer determines applicable to protect employees exposed to temperature extremes. The plan shall be incorporated in the employer's accident prevention plan or project safety and health plan.

06.J.03 In hot environments, drinking water shall be made available to workers and workers shall be encouraged to frequently drink small amounts, e.g., one cup every 15-20 minutes: the water shall be kept reasonably cool.