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| <p style="color: red; font-size: 1.2em; margin: 0;">[Enter Your Department's Name]</p> <p>SUBJECT: Hot Weather Training</p> | PROCEDURE NUMBER | PAGE 1 OF 4 |
| | SUPERSEDES [Enter a Date] | DATE ISSUED [Enter a Date] |
| | AUTHORIZATION | |

General:

The following are guidelines that instructors will use in determining work and rest periods for all outside training activities conducted at the [Name of Your Fire Training Facility]. At all times Instructors should monitor student's performance and assure safe-training practices. All students will operate as a group; no one will be placed in a position that will require them to be alone. The capability to communicate with the [Name of Your Emergency Communications or Dispatch Center] will be maintained at all times.

The heat index is determined by taking into account the temperature and humidity for the day. The color of the day is determined by using the attached heat index chart. The National Weather Service [Enter a hyperlink for your nearest NWS Office] should be consulted to obtain the predicted temperature and humidity for the training day. Prior to the start of any training these figures should used with the table in Appendix A of this document to determine the **Color for the Day**. The color will be posted daily at the entrance to the [Name of Your Fire Training Facility], as well as communicated to all students prior to the start of training.

The [Officer in Charge of Training] will have the authority, in conjunction with the lead instructor, to change the color of the day—one color—based the difficulty of the training and Personal Protective Equipment requirements for that day's training activities.

Green Day

- 50 minutes of work periods and 10 minutes of rest periods per hour.
- Mandatory consumption of ½ quart (16oz) to 1 quart (32 oz) of water per hour.

Yellow Day

- 40 minutes of work period and 20 minutes of rest period per hour.
- Mandatory consumption of 1 quart (32 oz) of water per hour.
- Strong consideration should be given to reducing strenuous activities in afternoon hours.
- Identify Training Officer outside of instructor cadre for the day, to serve as Safety Officer for the day to monitor students and instructors.
- Instructors should be on constant watch for the first signs of a heat related condition.
- Breaks must be taken in the shade; misting fan should be in operation.

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Red Day

- Necessary training activities shall be done in morning hours.
- 30 Minutes of work period and 30 minutes of rest period per hour (in full PPE).
- 40 Minutes of work period and 20 minutes of rest period per hour (helmets and gloves only).
- Mandatory consumption of 1 1/2 quarts (48 oz.) of water per hour.
- Identify Training Officer outside of instructor cadre for the day, to serve as safety Officer for the day to monitor students and instructors.
- Students and instructors should be in turn out gear no longer than the work period.
- Instructors should be on constant watch for the first signs of a heat related condition during training.
- Vitals signs should be monitored on any student that the Safety Officer feels necessary.
- Misting fans must be in operation
- Students must operate in pairs when activity takes them away from clear view of Safety Officer or Instructor

Purple Day

- All requirements for the Red Day apply.
- Adjust live burn exercise schedule to 0600-1400 hours time frame.
- Limit wearing of PPE to minimum amount required for safe, efficient, and effective training.
- Rest periods and hydration requirements must meet Red Day.
- The [Officer in Charge of Training] shall have the responsibility to determine if outdoor training will be conducted after reviewing the weather conditions, planned training activity, and availability of instructors/management resources with the Lead Instructor.

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References

Frederick County Fire/Rescue Services, Standard Operational Guideline for Environmental Considerations *Draft*.

Heat Exhaustion and Heatstroke. 12 April 2002.

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<http://www.emedicine.com/emerg/topic236.htm>

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Heat Stress Related Procedures. United States. Department of Defense, Air Force. DOF OI 91-1. 312th

Training Squadron. Goodfellow AFB, Texas: 1 March 2004

<http://www.goodfellow.af.mil/~trs312/newfire/index.htm>

Protecting Workers in Hot Environments. 01 Jan 95.

US Department of Labor, Occupational Safety and Health Administration. 16 March 2004

http://www.osha.gov/pls/oshaweb/owadisp.show_document?p_table=FACT_SHEETS&p_id=167

Working in Hot Environments. April 1986, Updated 1992.

US Department of Health and Human Services. 16 March 2004

<http://www.cdc.gov/niosh/hotenvt.html>

Appendix A

Find the **Color of the Day** by plotting the predicted high temperature for the day on the x-axis and the predicted relative humidity for the day along the y-axis. For example: A predicted high temperature of 85 degrees F and relative humidity of 45 percent indicates a Heat Index of 87—a Yellow Day.

| HEAT INDEX | Affects on the human body | |
|--------------|---|--|
| 130 or above | Heat stroke highly likely with continued exposure | |
| 105 - 130 | Heat stroke likely with prolonged exposure | |
| 90 - 105 | Heat stroke possible with prolonged exposure | |

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| | 7 | 7 | 8 | 8 | 9 | 9 | 10 | 10 |
| 3 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 511 |
| 3 | 6 | 7 | 7 | 8 | 9 | 9 | 10 | 11 |
| 4 | 6 | 7 | 7 | 8 | 9 | 10 | 11 | 12 |
| 4 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 |
| 5 | 6 | 7 | 8 | 8 | 9 | 10 | 12 | 13 |
| 5 | 6 | 7 | 8 | 8 | 9 | 11 | 12 | 14 |
| 6 | 7 | 7 | 8 | 9 | 10 | 11 | 13 | 14 |
| 6 | 7 | 7 | 8 | 9 | 10 | 11 | 13 | |
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| 8 | 7 | 7 | 8 | 9 | 11 | 13 | | |
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