

# Hot Weather Update



- Drink plenty of water before and during your shift.
- Wear loose-fitting, light-colored clothing, unless other clothing is required by the job being performed.
- Fuel your body by eating a balanced meal before coming to work.
- Avoid drinking caffeinated beverages.
- Pace yourself and take breaks as needed to cool off.

## Know the symptoms of heat exhaustion and heat stroke.

### Heat Exhaustion

- Excessive sweating.
- Cool or pale clammy skin.
- Muscle cramps.
- Nausea or vomiting.
- Feeling weak and/or tired.
- Feeling faint and/or dizzy.

### Heat Stroke

- Confusion or disorientation.
- Loss of consciousness.
- Red, hot and dry skin.
- Abnormally high body temperature (above 103 degrees).
- Throbbing headache.
- A lack of sweating.
- Nausea or vomiting.

If you or a fellow shipbuilder experience symptoms of heat exhaustion or heat stroke, call 757-380-2222 from a cell phone or 0-2222 from an internal shipyard desk phone. Shipbuilders working in off-site locations should follow the site's local emergency response protocols and procedures.

### Flag Notification System

NNS uses a flag notification system to alert shipbuilders when certain high heat conditions are forecasted. Flags are posted at shipyard gates when conditions are warranted during the summer months.



**Red flag** conditions indicate a heat index between 91 and 104 degrees Fahrenheit.



**Black flag** conditions indicate a heat index of 105 degrees or higher.

### What is NNS doing to keep shipbuilders safe this summer?

To mitigate the impact of heat, the company has:

- Implemented hot weather hours – which avoid the hottest times of the day – for shipbuilders assigned to areas in the yard most impacted by heat.
- Placed fans, portable air conditioners and ice water in workspaces.
- Introduced a weekly heat illness prevention update that includes the following week's forecast to help shipbuilders plan work based on expected temperatures and conditions.

### Why is NNS not offering liberal leave due to heat?

We have taken proactive action to keep shipbuilders safe. If conditions are unsafe due to hot weather and shipbuilders cannot be relocated to cooler workspaces, they will be passed out and sent home. Although liberal leave may be used in certain instances, it doesn't alleviate the heat risk, which is why we are taking this new approach.

### Is it true OSHA was at NNS recently?

Yes, the Occupational Safety and Health Administration (OSHA) visited NNS in June to review our hot weather work conditions. This visit concluded successfully with no negative findings, however, we are always looking for opportunities for improvement. If you have feedback that could help us improve our hot weather protocols, submit an idea through the MyIdea portal or call 757-534-4332.