



NOTICE

NOTICE NO. 100-20

August 12, 2020

TO: All Division of Station Environment and Operations Employees

FROM: David Santoro, Chief Stations Officer, Station Environment and Operations

SUBJECT: **DEPARTMENT OF SUBWAYS BULLETIN NO. 20-45: HEAT STRESS**

All employees must familiarize themselves with the attached Department of Subways Bulletin No. 20-45: Heat Stress. Employees are reminded Heat Emergency Plan II is in effect from 1100 hours on August 11, 2020 to 1100 hours on August 13, 2020 due to air temperatures above 90 degrees.

A copy of this Notice can be obtained from the Station Environment and Operations' Operations Support and Assignment Center (OSAC) located at 130 Livingston Street, 5th Floor, cubicles 5029-5032 or via MTA Today-NYCT.

NOTICE NO. 100-20

POST ON ALL BULLETIN BOARDS

NEW YORK CITY TRANSIT DEPARTMENT OF SUBWAYS OFFICE OF THE SENIOR VICE PRESIDENT

DATE: July 1, 2020

TO: All Subways Employees

FROM: Jacqueline Kuhls, Vice President &  Chief Officer, Operations Support, Subways

SUBJECT: SUBWAYS BULLETIN 20-45
HEAT STRESS

(Supersedes Subways Bulletin 19-22)

All Subways employees must be advised, in accordance with the June 2020 *Letter from the Interim President*, to comply with the following guidelines in order to reduce the potential for heat stress related injuries, particularly when humidity is high and temperatures exceed 90°F (32° C).

- Report all out-of-service air conditioning units/systems 24 hours/day to the HVAC Office at (347) 694-1160/61.
- To avoid dehydration, the water and electrolytes (salt) that we lose through perspiration must be replenished to maintain our health.
- Under these conditions, all employees must increase the intake of water before starting work and during breaks. Measures should be taken to provide water at the work site as a preventive measure against heat stress. Some sports drinks can substitute for water.
- If practicable, take breaks in cooler areas.
- Unless directed by a physician, employees who may be salt sensitive or have high blood pressure should not use salt supplements due to the potential for adverse reactions.
- Avoid or limit the intake of caffeinated beverages and foods.
- Where permissible, according to the work location and applicable division safety rules, wear loose and light colored clothing.
- Should employees experience signs/symptoms of heat-related stress or observe them in others, supervision should be notified immediately. The affected employees must be moved to a location where they can be cooled down. Refer to the attachment for signs/symptoms of heat-related stress.

Ensure this bulletin is discussed by supervisors with all hourly employees during safety/toolbox talks.

Attachment

cc:	S. Librera	B. Greenblatt	L. Montanti	M. Carrube (SSSA)
	F. Jezycki	J. Joyce	A. Saha	V. Modafferi (TSO)
	M. Brown	P. Kohner	K. Moore-Ward	T. Wilson (SMART)
	D. Crichlow	J. Santamaria	T. Utano (TWU)	V. Mandile (TCU)
	D. Santoro	C. Hamann	M. Bucceri (UTLO)	M. Cummings (ATDA)

Letter from the Interim President

June 2020

RE: HEAT STRESS

Dear Colleagues:

Summer brings with it the usual anticipation of vacation, fun and recreation. However, it is important that we remember the precautions we should take when weather conditions, coupled with our job tasks, render us vulnerable to heat related stresses. Accordingly, this letter is being re-issued to heighten your awareness and to provide guidance on actions that can be taken to reduce the potential for heat related employee injuries, particularly when humidity is high and temperatures exceed 90°F (32°C). This year we must consider the potential for increased heat related stresses from the use of facial coverings in the workplace.

The water and electrolytes (salt) that we lose through perspiration must be replenished to maintain our health. The combination of high temperatures and work increases our perspiration rate. Under these conditions, we must increase our water intake before start of work and during breaks and if possible take a water container to the worksite as a preventive measure against heat stress. Unless recommended by a physician, salt supplements should not be used due to the potential for adverse reactions by employees who may be salt sensitive or have high blood pressure. Additional preventive methods include, *where permissible*, the wearing of loose, light colored clothing, wide brim hat or sun visor (uniformed workers should wear regulation attire). You should avoid or limit intake of caffeinated beverages and foods. There are many prepared beverages on the market such as popular sports drinks which can substitute for water. Prevent dehydration by not waiting for symptoms to occur.

It is important that we recognize the warning signs of heat stress in order to prevent injury to ourselves and others (**see reverse side**). Should you experience any of the specified signs or symptoms, or observe them in your fellow employees, notify your supervisor immediately. Supervisors of any employees who complain of faintness, or exhibit other signs of heat stress must move them to a location where they can be cooled down.

By being knowledgeable of the early signals of heat stress and acting accordingly, we can assure ourselves and our co-workers of a safe, productive summer. Should you have any questions on this subject, please contact Occupational Health Services.

Sincerely,



Sarah E. Feinberg
Interim President

SIGNS AND SYMPTOMS OF HEAT RELATED STRESS*

HEAT EXHAUSTION

Fatigue, dizziness, lightheadedness, difficulty concentrating on tasks
Nausea
Headache
Moist skin, may be flushed or pale

HEAT RASH “PRICKLY HEAT”

Many tiny blister like red bumps on the affected areas of skin

HEAT CRAMPS

Painful cramps especially of the muscles used during work

HEAT STROKE - This is a MEDICAL EMERGENCY!

Confusion, possible seizures or loss of consciousness
Hot, **DRY** skin, may be reddish or bluish

CALL for immediate assistance
MOVE person to a cool area
POUR cool water on the clothing
FAN person to increase cooling

*These are the most typical signs and symptoms but not all. Some individuals with a higher risk of heat related stress symptoms can include those who are obese, unfit or not accustomed to heat, those who have fever, dehydration, diarrhea, those taking certain prescription medications or illegal drug use. They should consult with their doctor on how to prevent heat related illness.