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HEAT STRESS MANAGEMENT PLAN

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1 PURPOSE

The purpose of this procedure is to reduce the exposure to heat related injury/illness from working in high temperature environments.

2 SCOPE

The CONTRACTOR will establish the minimum safety requirements and guidance to prevent and protect its personnel from injury and suffering from the effects of heat-related illnesses at the worksite.

3 ROLES AND RESPONSIBILITIES

The overall responsibility for the prevention of heat related illnesses rests with the Contractor Construction Manager. Responsibility for real-time monitoring of employee's conditions rests with Site supervision and the employee themselves.

3.1. CONSTRUCTION MANAGER

Ensures that these guidelines are implemented and administered to the extent feasible on the project. Advises Site Supervision and Subcontractor management on weather forecasts after receiving same from HSE Department.

3.2. HSE DEPARTMENT

- Provides training to employees on heat stress prevention, program evaluation, guidance to construction personnel, recognition of symptoms, and first aid response. Monitors temperature and humidity levels in the work environment to ensure they are within acceptable limits. Monitors weather forecast and advises Site Management accordingly. Conduct a risk assessment to identify potential heat-related hazards and develop measures to mitigate them. Develop an emergency response plan for heat-related incidents, including evacuation procedures and medical response protocols. Ensuring adequate hydration by providing water breaks and increasing water intake. Implementing cooling systems such as misting systems or evaporative coolers.
- Heat Stress Risk Assessment: Conduct a risk assessment to identify potential heatrelated hazards and develop measures to mitigate them.
- Heat Stress Prevention Measures: Implement heat stress prevention measures such as:

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- Providing personal protective equipment (PPE) such as lightweight, light-colored clothing, hats, and sunglasses.
- Ensuring adequate hydration by providing water breaks and increasing water intake.
- Ensuring shaded areas or canopies to reduce direct sunlight exposure.
- Implementing cooling systems such as misting systems or evaporative coolers.
- **Temperature Monitoring:** Monitor temperature and humidity levels in the work environment to ensure they are within acceptable limits.
- **Employee Training:** Provide training to employees on heat stress prevention, recognition of symptoms, and first aid response.
- Heat Stress Identification and Treatment: Identify heat-related symptoms and provide treatment according to Saudi Aramco's CSM-I (1-13) Appendix B first aid guidelines.
- **Medical Clearance:** Obtain medical clearance for employees working in extreme heat conditions.
- **Emergency Response Plan:** Develop an emergency response plan for heat-related incidents, including evacuation procedures and medical response protocols.
- **Incident Investigation:** Investigate incidents of heat-related illnesses and identify root causes to prevent future occurrences.

3.3. SITE SUPERVISOR

Typically knows their employee's work-related capabilities and limitations and is paramount that they regularly monitor the condition of workers assigned to them. They should pay particular attention to the employee's task, environment and clothing, as well as any engineering and administrative controls, and personal protective equipment in use.

As role models to other workers, they must be aware that their actions and behavior may influence subordinates. This is particularly true of new employees who might not be fully heat acclimated.

Maintain a rest cycle register (see Attachment 5) to ensure that workers under direct supervision receive adequate rest according to the flagging system.

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Before work begins, the supervisor must also verify that all heat stress management measures are in place, including access to cold drinking water, rest shelters, and employee training.

3.4. EMPLOYEES

Each person tolerates heat differently. Since no empirical measure can determine when an individual begins to sense heat stress, the primary responsibility for heat stress monitoring rests with the employee. To assist him in determining his condition he must be appropriately trained to recognize his own condition.

- 1. Wear light-colored, loose-fitting clothing: Wearing light-colored, loose-fitting clothing can help reflect the sun's rays and allow for better airflow to keep the body cool.
- 2. **Stay hydrated**: Employees should drink plenty of water or other hydrating fluids throughout the day to replenish lost fluids and electrolytes.
- 3. **Take regular breaks**: Taking regular breaks in shaded or air-conditioned areas can help employees cool down and recharge.
- 4. **Monitor body temperature**: Employees should monitor their body temperature regularly and report any signs of heat exhaustion or heat stroke to their supervisor or HR representative.
- 5. **Follow safety guidelines**: Employees should follow all safety guidelines and protocols set by their employer for working in hot environments, such as wearing personal protective equipment (PPE) and following proper lifting techniques.
- 6. **Communicate concerns**: Employees should communicate any concerns or issues related to heat stress to their supervisor or HR representative, such as feeling unwell or experiencing symptoms of heat exhaustion or heat stroke.
- 7. **Report injuries or illnesses**: If an employee experiences heat-related illness or injury, they should report it to their supervisor or HR representative immediately.
- 8. **Participate in heat acclimatization programs**: If an employee is new to working in hot environments, they should participate in a heat acclimatization program to gradually adjust their body to the heat.
- 9. **Use personal protective measures**: Employees can use personal protective measures such as hats, sunglasses, and sunscreen to protect themselves from the sun's rays.
- 10. **Report environmental conditions**: Employees should report any environmental conditions that may exacerbate heat stress, such as high humidity or lack of air circulation, to their supervisor or HR representative.
- 11. Follow work schedules: Employees should follow established work schedules and not overexert themselves, especially during peak heat hours.
- 12. **Provide feedback**: Employees can provide feedback to their employer on ways to improve heat stress management in the workplace.

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4 EMPLOYEE INFORMATION AND HEAT STRESS PREVENTION TRAINING

Heat stress awareness training will be provided at least annually, preferably during the early part of the year to all project personnel, and during the initial site induction. This training should include:

- The Hazards of Heat Stress
- Location of shaded rest areas
- Recognition of predisposing factors, warning signs and symptoms.
- First Aid Procedures for, and potential effects of heat stress and other heat relate disorders.
- When to call for the ambulance
- Employee Responsibility for avoiding heat stress.
- Dangers of the use of alcohol and drugs, including prescription and over the counter medicines.
- Proper use of engineering and administrative controls.
- Correct use of Personal Protective Equipment (PPE).
- Immediate action if a Heat Stress condition is suspected.

5 HEAT STRESS MANAGEMENT

Heat stress is usually the result of work being performed at elevated temperatures. Contributory factors may also include a decrease of natural body ventilation by protective clothing e.g. chemical & impervious suits.

If the body's physiological processes fail to maintain a normal body temperature due to excessive heat, a number of physical reactions can occur ranging from mild (such as; fatigue, irritability, anxiety, and decreased concentration, dexterity, or movement) to fatal.

Heat stress is one of the most common and potentially serious illnesses that construction workers encounter. In areas where high temperatures are normally encountered, regular monitoring and other preventative measures are vital.

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Heat Stress Prevention

- 1. **Provide Water and Rest Breaks:** Ensure that workers take regular breaks in shaded or air-conditioned areas, and provide access to water. Water must be supplied in sealed igloos with the date and time labeled and/or through water coolers. Personal water bottles or paper cups must also be provided
- Designated Rest Shelters: Rest shelters must be air-conditioned. Where this is not feasible, temporary shelters should be covered with heat-resistant sheets and equipped with an adequate number of industrial mist fans to help cool body temperature. The rest area must be adequately sized to accommodate personnel in the respective work areas, and shall not be
- 3. **Monitor Temperature and Humidity:** Monitor temperature and humidity levels in the work environment and adjust work schedules or activities as necessary.
- 4. Communication: Weather monitoring results will be communicated across the project every hour. A flagging system and heat index board must be installed at every work location to ensure effective communication and must be kept up-to-date based on the shared weather report.
- 5. Wear Lightweight, Light-Colored Clothing: Encourage workers to wear lightweight, light-colored clothing and hats to reflect the sun's rays.
- 6. Use Personal Protective Equipment (PPE): Provide PPE such as sunglasses, sunscreen, and lip balm with SPF.
- 7. **Train Workers:** Train workers on heat stress prevention, recognition of symptoms, and first aid response. A refresher training should be given to all site personnel on the updated heat-stress management program.
- 8. Emergency Response: emergency response and medical team

Recognition of Heat-Related Symptoms

- 1. **Dehydration:** Symptoms include headaches, dizziness, nausea, fatigue, and muscle cramps.
- 2. **Heat Exhaustion:** Symptoms include heavy sweating, pale or cool skin, fast and weak pulse, nausea or vomiting, and fainting.
- 3. **Heat Stroke:** Symptoms include high body temperature (usually above 40°C or 103°F), confusion, slurred speech, seizures, and loss of consciousness.

First Aid Response

1. **Cool the Worker:** Move the worker to a cooler location, remove excess clothing, and apply cool compresses or towels.

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- 2. **Provide Water:** Give the worker small amounts of water to drink (about 1 cup every 15-20 minutes).
- 3. **Monitor Temperature:** Monitor the worker's temperature regularly.
- 4. Seek Medical Attention: If symptoms persist or worsen, seek medical attention immediately.

Record Keeping

- 1. **Monitor Heat Index:** Record the heat index (temperature and humidity) at regular intervals.
- 2. Incident Reporting: Report any heat-related incidents or illnesses immediately.
- 3. **Training Records:** Keep records of worker training on heat stress prevention and first aid response.

OSHA Standards

- 1. **29 CFR 1910.132(a):** Provides requirements for personal protective equipment (PPE) for heat stress prevention.
- 2. **29 CFR 1910.103(d):** Requires employers to provide a safe working environment free from recognized hazards, including heat stress.

5.1. COMMON HAZARDS

Your body operates in a narrow temperature range. When the environment is too cold or too hot the body will cease to function properly if steps to control the exposure are not taken. Extremes in body temperature elevation can be life threatening. There are many factors that affect body temperature. Some of these that can cause elevated body temperature are listed below:

- 1. Lack of proper fluid replacement.
- 2. Electrolyte imbalance.
- 3. Extreme air temperature.
- 4. Lack of air movement oven effect.
- 5. Reflected heat or sunrays.
- 6. Being in the direct sun (can raise temperature by as much as 15 degrees).
- 7. Convection of heat though walls or steel.
- 8. Prolonged or strenuous activities.
- 9. High humidity.
- 10. Medications, diet, excess salt intake.

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- 11. Physical fitness (lack of, weight, acclimatization).
- 12. Excessive or layered clothing.

5.2. NEW EMPLOYEES

The first step in managing heat stress is to determine if the new employee is used to work in high temperature. A person who is not used to work in high heat conditions cannot be expected to perform, as an acclimatized employee would be able to perform. The new employee must be introduced to the new environment carefully. The tasks assigned must take into account the person's abilities, strength, and acclimatization. Prolonged strenuous activity or exposure to extreme heat must be limited by rotating employees until all are accustomed to the new environment. A normal acclimatization process takes 2-3 weeks to complete before the employee is comfortable working in high heat environments.

The supervisor is the essential person to provide an acceptable acclimatization period with appropriate tasks to ensure the Safety of the new employee. Several factors will give a supervisor clue as to whether a new employee will acclimatize quickly or not.

Physical Fitness – A fit person will generally have a higher heat tolerance and acclimatize sooner.

Previous Experience – Someone who has worked in a high heat environment either will be acclimatized or will have a better knowledge of how to acclimatize himself.

Fluid Intake/Breaks – A person who works steady with regular breaks will acclimatize quicker than someone will takes sporadic and more frequent breaks.

Attitude – A new employee who is eager and not worried about working in the heat will acclimatize more quickly than someone who is anxious when working in hot environments will. Care must be taken with the eager employee because he may push himself too much and too quickly.

Acclimatization for new employees is a crucial step in preventing heat stress and ensuring a safe and healthy working environment. Here's a comprehensive plan for acclimatizing new employees to heat stress management:

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Pre-Acclimatization Phase (Days 1-3)

- 1. **Provide general information**: Educate new employees on the risks of heat stress, symptoms, and prevention measures.
- 2. **Distribute materials**: Provide them with written materials, such as pamphlets or handouts, that outline the importance of heat acclimatization and the company's heat stress policy.
- 3. **Conduct a pre-acclimatization questionnaire**: Ask new employees to fill out a questionnaire to assess their previous experience working in hot environments and any health concerns they may have.

Acclimatization Phase (Days 4-7)

- 1. **Start with gradual exposure**: Begin by gradually introducing new employees to the heat, starting with shorter periods of exposure (e.g., 15-30 minutes) and gradually increasing the duration over time.
- 2. **Monitor temperature and humidity**: Monitor temperature and humidity levels to ensure they are within safe ranges (typically below 75°F/24°C and 60% relative humidity).
- 3. **Provide hydration breaks**: Encourage new employees to drink water or other hydrating fluids regularly throughout the day.
- 4. **Monitor body temperature**: Encourage new employees to monitor their body temperature regularly and report any symptoms of heat stress.
- 5. Rotate tasks and breaks: Rotate tasks and provide regular breaks to prevent overexertion.

Acclimatization Progression Phase (Days 8-14)

- 1. **Increase exposure time**: Gradually increase the duration of exposure to heat over time (e.g., 30-45 minutes).
- 2. **Introduce more demanding tasks**: Introduce more demanding tasks or physical activities to simulate real-world scenarios.
- 3. **Monitor performance and fatigue**: Monitor new employees' performance and fatigue levels, adjusting their workload or schedule as needed.
- 4. Encourage hydration and rest: Encourage new employees to drink water or other hydrating fluids regularly and take regular breaks to rest.

Post-Acclimatization Phase (After Day 14)

- 1. **Ongoing monitoring**: Continue monitoring new employees' performance, fatigue, and hydration levels regularly.
- 2. **Regular training sessions**: Provide regular training sessions on heat stress prevention, recognition, and response.
- 3. **Heat stress policy review**: Review the company's heat stress policy with new employees, emphasizing their role in preventing heat stress.

Additional Tips

 Involve supervisors and HR representatives in the acclimatization process to ensure consistency across teams.

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- Consider conducting regular fitness-for-duty exams for new employees before placing them in hot environments.
- Develop a system for reporting heat-related illnesses or concerns, such as a heat illness reporting form.
- Review and update the acclimatization program regularly to ensure it remains effective.

5.3. CURRENT EMPLOYEES

This group is generally more susceptible to heat stress than some of the new employees. These employees are already acclimatized and feel that they are able to "handle the heat" or they are introduced to the heat for the first time of the season, and feel that they are fine when, in fact, they are not. Most feel that they can do more than they really are able to do, or are trying to complete a task before taking their break. Sometimes the experienced employee is trying to show the new employee "how to do it" and is caught doing more than he should.

Awareness and education are the tool to keep the current employee out of trouble.

6 IDENTIFICATION OF HEAT STRESS SYMPTOMS

Many heat stress management programs focus on the identification of heat illnesses. While the ability to identify the particular heat stress problem is important, it is far more important to never reach the need to identify which particular heat related problem is being experienced. There are many publications, which we all should have, available to identify the various levels of heat stress symptoms. This procedure will focus on the prevention of heat related illnesses. The following information targets identification of Initial symptoms of heat stress before problems occur.

Types of Heat Stress

Heat Stroke

Heat stroke is an acute and dangerous reaction to heat stress caused by a failure of the heat regulating mechanisms of the body, e.g. a breakdown of the employee's temperature control system that causes sweating.

Body temperature rises so high that brain damage and death will result if the person is not cooled quickly.

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Symptoms

Red, hot, dry skin, although the person may have been sweating earlier, nausea, dizziness, confusion extremely high blood pressure, rapid respiratory and pulse rate, unconsciousness or coma.

Actions

Involve Person (IP) must be cooled down and Medical Aid sought immediately with the person transported to the site medical facilities.

Heat Exhaustion

Heat exhaustion is a state of very definite weakness or exhaustion caused by the loss of fluids from the body.

The condition is much less dangerous than heat stroke, but must be treated early on to prevent eventual deterioration to heat stroke.

Symptoms

Pale, clammy, moist skin, profuse perspiration, and extreme weakness. Body temperature is normal, weak and rapid pulse, shallow breathing. The person may have a headache, may vomit, maybe dizzy.

Heat Cramps

Hear cramps are caused by perspiration that is not balanced by adequate fluid intake. Heat cramps are often the first sign of condition that can lead to heat stroke.

Symptoms

Acute painful spasms of voluntary muscles; e.g., abdomen and extremities.

Heat Rash

Heat rash is caused by continuous to heat and humid air and aggravated by chafing cloths. The condition decreases ability to tolerate heat.

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Symptoms

Mild read rash, especially in areas of the body in contract with protective gear.

An alert supervisor will know his employees faces. Heat stress shows early in the face as being tried, very profuse sweating, off-color, and sometimes confusion.

Employees that are found with any of these symptoms should be taken to a cool location before a problem occurs.

6.1. PROTECTION MEASURES AGAINST HEAT STRESS

The best measures to take to prevent heat stress are to address it before it ever becomes a problem. Anticipate high heat days through weather forecasts and prepare for them with proactive measures.

The following shall be implemented to aid in the prevention of heat related problems:

- Begin drinking fluids early in the day waiting until the hottest portion of the day to replenish body fluids is too late. Avoid caffeine and alcohol the night before and during the day.
- Schedule the most strenuous work during the coolest times of the day (e.g., early morning and evening/night).
- Monitor employees for symptoms of heat-related illness.
- Dress for the conditions. Lightweight, loose clothing is best. Avoid layering clothing underneath coveralls.
- A well balanced diet will help. Heavy, fatty foods do not support the body well in high heat conditions. Fruits, vegetables, proteins, and starches work best.
- Provide continuous supply of drinking water in water stations (e.g., coolers with chilled or ice water) for workers and remind them to drink plenty of water even if not thirsty.
- Electrolyte solutions help to maintain energy levels. Do not drink more electrolyte solution than water. Avoid taking salt tablets unless directed to do so by your physician.
- Use sunscreen and cover your face and neck from the sun.

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- Provide sun shade and local ventilation when working in direct sunlight is required.
- Provide shaded areas for mini-breaks, with water stations, as much as possible when there is no existing shaded structures to recovery from minor heat-related illness. Where possible, these areas are to be air conditioned.
- Strongly encourage short (1-2 minutes) water breaks every 20-30 minutes during high heat conditions.
- Provide specially marked water barrels containing ice and water for soaking neck towels, arms, sleeves, bandannas, etc.
- Provide specific areas for employees to go to on a scheduled basis and cool off when working in full sun areas. These would be considered mandatory breaks (In addition to the short water breaks). This should be done every 1 to 1 ½ hours. Fans and sitting areas should be provided so those employees can sit with their coveralls unzipped and cool down. This break should 10-20 minutes in length.
- People working in warehouse, workshops, CTR and indoor building construction must be provided with portable fan during hot and humid weather condition.
- Monitor work areas for ambient temperatures. Use the heat index chart to determine the apparent temperature. Areas with apparent temperatures over 95 degrees should be monitored for personnel problems. Begin providing extra measures for the workers.
- Most importantly, do not let schedule or productivity influence awareness or caution in high heat weather. Pressure from foremen or self-induced pressure is the most dangerous hazard.
- Conduct regular (e.g., weekly) safety meetings/talks during hot weather to discuss "heat stress hazards and precautions", with added emphasis on the risk during Ramadan if it occurs in summertime.
- Ensure training for heat stress for new workers and retraining for workers returning from vacation to acclimatize at a progressive, controlled rate to the change in environmental conditions.
- Monitor the effectiveness of any engineering/administrative controls and personal protective equipment (PPE) being used.

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- Be aware and alert to be able to recognize early signs and symptoms of heat-related illness and take appropriate action to prevent serious heat illness.
- Be ready to attend to any heat-related illness.
- Be knowledgeable of emergency reporting and response procedures, including the location of the nearest medical facility
- Educating workers about heat stress is an essential part of preventing heat-related illnesses promoting a safe and healthy work environment.
 - 1. **Provide Written Materials**: Distribute written materials such as brochures, pamphlets, or posters that explain the risks of heat stress, its symptoms, and prevention methods.
 - 2. **Conduct Training Sessions**: Hold regular training sessions to educate workers on heat stress prevention and response. These sessions can be conducted by a supervisor, safety professional, or healthcare expert.
 - 3. **Interactive Training**: Use interactive training methods such as videos, simulations, and group discussions to engage workers and make the training more effective.
 - 4. **Supervisor Training**: Ensure that supervisors are also trained on heat stress recognition and response so they can provide guidance to their team members.
 - 5. **Visual Aids**: Use visual aids such as diagrams, pictures, and charts to help workers understand the signs and symptoms of heat stress.
 - 6. **Role-Playing**: Use role-playing exercises to demonstrate how to respond to heat-related emergencies.
 - 7. **Hands-On Training**: Provide hands-on training on how to use personal protective equipment (PPE) such as cooling devices, cooling towels, and hydration systems.
 - 8. **Regular Refreshers**: Provide regular refresher training sessions to reinforce the importance of heat stress prevention and response.
 - 9. **Multilingual Training**: Provide training materials and sessions in multiple languages to ensure that all workers understand the information.
 - 10. **Storytelling**: Share stories of heat-related incidents or near-misses to emphasize the importance of heat stress prevention and response.

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- 11. **Visual Reminders**: Place visual reminders throughout the workplace such as posters, signs, and stickers to remind workers of the importance of heat stress prevention.
- With support from the Project Manager down to the lowest level this program of managing heat stress can help prevent injuries, reduce worker downtime, and promote a healthy and safe work environment.

The following additional precautions shall be taken while a red heat stress danger category IV, "Extreme Danger," (see Section 10) exists at the work site:

- Aramco proponent organization (APO) and/or contractor site management shall assess the risks associated with work to be performed in direct sunlight for an extended period of time. Based on the resulting risk assessment, APO management shall determine if the work shall continue if it does not fall in the following categories: (1) deemed necessary for continuing plant operations by the APO, (2) emergency maintenance or (3) rescue operations.
- Engineering controls such as shade and ventilation/cooling systems are required for work activities that involve increased risk (e.g., work in confined spaces, at elevated locations or involving high physical exertion).
- Workers exhibiting symptoms of serious heat-related illness shall immediately seek medical attention and be allowed to fully recover before returning to work.
- Workers shall be provided break periods during work activities. The duration and number of breaks shall be established during the daily work planning based on type of work activities and control measures provided. Work durations shall be monitored to ensure proper breaks are taken.
- Workers shall be advised to drink one cup of water every 10 minutes. Each worker shall be provided with his own personal water bottle/insulated container (2 liter capacity) and have it with him at all times. A "no water, no work" policy shall be strictly adhered to.
- No person shall work alone (i.e., isolated) while a red heat stress danger category IV condition exists at the work site.
- Extra precautions shall be taken when flame-resistant clothing (FRC) are required to be worn while a red heat stress danger category IV exists at the work site, as such fabrics can intensify heat stress. Other types of fabrics which may increase heat stress (e.g., polyester, nylon) shall not

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be worn while a danger category IV exists at the work site.

• Here are some additional considerations to keep in mind for workers who are fasting during the Ramadan period:

Pre-Ramadan Preparations:

- 1. **Discuss fasting with workers**: Have an open conversation with workers who intend to fast during Ramadan about their plans and any concerns they may have.
- 2. **Understand their needs**: Understand the workers' needs and preferences regarding fasting, including their hydration and nutrition requirements.
- 3. **Provide guidance**: Offer guidance on how to maintain their health and well-being while fasting, including tips on hydration, electrolytes, and rest.

During Ramadan:

- 1. **Adjust work schedules**: Consider adjusting work schedules to accommodate workers' fasting periods, ensuring they have sufficient time to rest and rehydrate.
- 2. **Provide hydration stations**: Set up hydration stations with water, juice, and electrolyte-rich snacks to help workers replenish lost fluids.
- 3. **Flexible breaks**: Allow workers to take flexible breaks to pray or rest during the day, especially during peak heat hours.
- 4. **Monitor worker health**: Keep a close eye on workers' health and wellbeing, particularly if they are experiencing symptoms of dehydration or fatigue.
- 5. **Encourage electrolyte-rich foods**: Encourage workers to consume electrolyte-rich foods and snacks, such as dates, bananas, or energy bars, to help replenish lost salts and minerals.

Post-Ramadan:

- 1. **Follow-up check-ins**: Conduct follow-up check-ins with workers who fasted during Ramadan to ensure they are recovering well and not experiencing any adverse effects.
- 2. **Provide resources**: Provide resources on post-Ramadan care, including tips on rehydration and recovery.
- 3. **Recognition and appreciation**: Show appreciation for workers who fasted during Ramadan by recognizing their efforts and dedication.

Additional Tips:

- Be respectful of workers' religious beliefs and practices
- Avoid scheduling meetings or important tasks during prayer times

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- Consider providing a quiet room or designated area for prayer
- Be understanding of potential changes in worker productivity or performance
- Encourage open communication and provide a safe and supportive environment

7 HEAT INDEX TABLE

		Relative Humidity								
Heat	Index	10%	20%	30%	40%	50%	60%	70%	80%	90%
	>50	**	**	**	**	**	**	**	**	**
	50	48	**	**	**	**	**	**	**	**
	49	47	**	**	**	**	**	**	**	**
	48	45	53**	**	**	**	**	**	**	**
	47	44	51	**	**	**	**	**	**	**
	46	43	49	**	**	**	**	**	**	**
	45	42	47	**	**	**	**	**	**	**
	44	41	46	52**	**	**	**	**	**	**
	43	40	44	49	**	**	**	**	**	**
	42	39	42	47	54**	**	**	**	**	**
	41	38	41	45	51	**	**	**	**	**
Air	40	37	39	43	48	**	**	**	**	**
Temn	39	36	38	41	46	52**	**	**	**	**
°C	38	35	37	39	43	49	55**	**	**	**
	37	34	35	38	41	46	51	**	**	**
	36	33	34	36	39	43	48	54**	**	**
	35	32	33	35	37	41	45	50	**	**
	34	31	32	33	35	38	42	47	52**	**
	33	31	31	32	34	36	40	44	48	54**
	32	30	30	31	32	34	37	40	44	49
	31	29	29	30	31	33	35	38	41	45
	30	28	28	29	30	31	33	35	38	41
	29	27	27	28	29	30	31	33	35	37
	28	27	27	27	28	28	29	31	32	34
	27	26	26	26	27	27	28	29	30	31
	26	25	25	26	26	27	27	27	28	28

Note: This table is adapted from "Heat Stress: Improving Safety in the Arabian Gulf Oil and Gas Industry" from *Professional Safety: Journal of the American Society of Safety Engineers*, August 2008, pages 31-36.

8 FIXED WEATHER STATION

• The heat index shall be monitored through the use of real time monitoring weather station equipment.

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- The heat index readings from the weather station shall be disseminated to all safety officers on site by means of radio or mobile phone (SMS text messaging)
- All heat index readings will be recorded using the Heat Index Monitoring Form and shall be kept at the Contractor Safety Office

9 FLAGGING SYSTEM

The level of risk is communicated to all workforce by means of colored flag. The flagging system shall be as per the heat index in Section 7.

If the heat index changes	, heat stress flag color	shall also be changed
---------------------------	--------------------------	-----------------------

FLAG	COLOR	WORK : REST	WATER
	RED	20 : 10	1 cup every 10 minutes
	ORANGE	30 : 10	1 cup every 15 minutes
	YELLOW	50 : 10	1 cup every 20 minutes
	GREEN	NORMAL	1 cup every 20 minutes

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10 WORK / REST PERIOD

		Heat	Index		
Danger Category	Heat Index	Heat Stress Illness/Symptoms	Work:Rest (Minutes)	Min. Water Needed *	Progressive Controls
IV. Extreme Danger	≥ 52	Heat stroke imminent.	20:10	1 cup every 10 minutes	See Section 13.4.2(F) for progressive controls
III. Danger	39–51	Heat cramps, heat exhaustion or heat stroke <i>likely</i> with prolonged exposure and physical activity.	30:10	1 cup every 15 minutes	Work under shade
II. Extreme Caution	30–38	Heat cramps, heat exhaustion or heat stroke <i>possible</i> with prolonged exposure and physical activity.	50:10	1 cup every 20 minutes	No working alone (buddy system)
I. Caution	25 – 29	Fatigue possible with prolonged exposure and/or physical activity.	Normal/ Scheduled	1 cup every 20 minutes	Visual monitoring of workers in direct sun and heavy work
* 1 cup = 250) ml				

11 REFERENCE

Saudi Aramco Construction Safety Manual (SA CSM)

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12 ATTACHMENT

Attachment 1 – Daily Heat Stress Inspection Checklist

Attachment 2 – Weekly Heat Stress Prevention Checklist

Attachment 3 – Heat Index Monitoring Form

Attachment 4 – Heat Stress Risk Assessment

Attachment 5 - Rest Cycle Checklist

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Attachment 1 – DAILY HEAT STRESS INSPECTION CHECKLIST

	HYUNDAI ENGINEERING & CONSTRUCTION	Daily Heat Stress Inspe	ection Checklist	t	قيعودية Saudi /			
Data								
Com	nanv							
Loca	tion:							
Site	Manager:				-			
Safe	ty Supervisor							
Ι		Work Load Assessment		Chec	k Box for	type of work		
1	Light Work like Hand N	laneuver type such as hammering]		
2	Medium Work Activity	such as Cleaning the areas in hot weat	her		Ē	7		
3	Heavy Work Activity su	ch as Digging, Lifting Heavy Objects				1		
4	Closed Space Area Activ	vity (e.g working inside building withou	ut ventilation			1		
	· ·							
		Che	eck Appropriate Box	Ye	s	No		
Ш		Worksite Assessment						
1	Employees Acceptable	Light-Weight Full Length Clothing						
2	Heat Stress Index Chart	Posted or carried by Supervisors						
3	Heat Stress Signage car	n be seen at worksite						
4	Employees have knowle	edge of the hazards of Heat Stress and S	Symptoms					
5	Emergency response ph	none numbers posted						
6	Medical Aid Center on	site						
7	First aid responder at v	vorksite						
8	Employer has provided	recovery areas with adequate shading	5					
9	Acceptable clean drink	ing water container (seal tape and date	ed)					
10	Drinking Water placed	in shaded area and elevated (off the gr	round)					
11	Dringking water is cool							
12	Water is clean (look in	side empty container or unsealed to ch	neck for dirt)					
13	Urine chart posted in T	oilets (Chart in appropriate language)						
14	Supervisor/Foreman re	ceived updated Heat Stress SMS or oth	er notification					
15	Air conditioning availal	ble on-site (Bus with A/C or Building) a	nd working properly					
16	Adequate nutritous mea	als provided to employees (Ask Employ	vees)					
			Total Checked:					
Inspe	ected By	Co	nfirmed By					
Subc	con Safety Officer	HD	EC Safety Officer					
Sign	ature	Sig	gnature					
Date	% Time	Da	te & Time					
Revi	ewed by							
HDE	C Saftey Supervisor							
<u>.</u>								

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Attachment 2 – WEEKLY HEAT STRESS PREVENTION CHECKLIST

		Weekly Heat Stres	ention (Checklist	ارامکو الاسموریة Saudi Aramco				
	COMPANY								
S/No		ltem	Yes	No	If No, Indicate Lo Measures / C	cation and Mitigation corrective Actions			
1	Adequate ventilation workshops and sin	on provided in warehouses, nilar buildings							
2	Hot Surfaces effec	tively insulated, where required?							
3	Shields used to re- necessary?	duce radiant heat, where							
4	Offices and accom by air-conditioners properly	modation / camp buildings cooled , and air-conditioners working							
5	Appropriate shade provide over work a workers from UV ra	(e.g. canopies and awnings) area, where possible, to shield ays and direct heat of the sun?							
6	Regular (hourly) re	st breaks are being implemented?							
7	Adequate shaded a sheds/buildings or take rest?	areas and/or air-conditioned vehicles are provided for workers to							
8	Adequate supplies electrolyte solutior all working areas?	of cool drinking water and s are provided in close proximity to							
9	Workers are drinki solutions are provio	ng sufficient water or electrolyte ded regularly (every 20 minutes)?							
10	Workers are drinki 8-hour shift/ 6 liters (Drinking rate not t	ng at least 4 litres of water per s per 10-hour? o exceed 1.5 liters per hour)							
11	Are workers taking	salt tablets? Not recommended.							
12	Workers are wearing conditions in which	ng appropriate clothing and PPE for n they are working?							
13	First aiders are pro thermal stress syn	operly trained in the recognition on nptoms and required treatment?							
14	Workers understar thermal stress (as	nd the causes and symptoms of explained in the HSE Induction)?							
15	Managers / Superv trained in, the requ Prevention Proced	isors are aware of, and have been irement on the Heat stress ure?							
			0						
Subco	n Safety Officer		HDEC Safety	y Officer					
Signat	ure		Signature						
Date / ⁻ This do	Date /Time Date /Time Date /Time Date /Time Date /Time Date /Time								
HDEC	Safety Supervisor								

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Attachment 3 – HEAT INDEX MONITORING FORM

	YUNC NEERING & CONST		H	HEAT INDEX MONITORING							الرامكو السعودية Saudi Aramco	
Month:	Month:			Morning (A.M.)				Afternoon (P.M.)				
Date	Weather	r Units	7:00	8:00	9:00	10:00	11:00	13:00	14:00	15:00	16:00	17:00
		Temperature ('C)										
		Humidity (%)										
		Wind Speed (kph)										
		Flag Color										
		Temperature ('C)										
		Humidity (%)										
		Wind Speed (kph)										
		Flag Color										
		Temperature ('C)										
		Humidity (%)										
		Wind Speed (kph)										
		Flag Color										
		Temperature ('C)										
		Humidity (%)										
		Wind Speed (kph)										
		Flag Color										
		Temperature ('C)										
		Humidity (%)										
		Wind Speed (kph)										
		Flag Color										
		Temperature ('C)										
		Humidity (%)										
		Wind Speed (kph)										
		Flag Color										
		Temperature ('C)										
		Humidity (%)										
		Wind Speed (kph)										
		Flag Color										
	2	Color Index		Work rest (IVIIN) period	Min. wat	er needed					
	90 0	Ked	Over 52°C	20 min	: 10 min	1 Glass	/10 min.					
	Le	Urange	39-510	30 min	: 10 min	1 Glass	/15 min.					
		Yellow	30-38°C	50 min	: 10 min	1 Glass	/20 min.					
	Green		25-29'C	Normal	Schedule	1 Glass	/20 min.					

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Attachment 4 – HEAT STRESS RISK ASSESSMENT

Category	Risk	Hazard	Likelihood	Severity	Risk Rating	Control Measures	Likelihood	Severity	Residual Risk
Extreme Danger	Temperature is ≥ 52	Heat stroke imminent	D	4	HIGH	 SA proponent organization (SAPO) and/or contractor site management shall assess the risks associated with work to be performed in direct sunlight for an extended period of time. Provide shade and ventilation / cooling systems for work activities that involve increased risk (e.g., work in confined spaces, at elevated locations or involving high physical exertion). Workers exhibiting symptoms of serious heat-related illness shall immediately seek medical attention and be allowed to fully recover before returning to work. Workers shall be provided break periods during work activities. Take a rest in Rest Shelter for 10 minutes every 20 minutes of sunlight exposure Drink 1 cup of water every 10 minutes. A "No water, No work" policy shall be strictly adhered to. No person shall work alone (i.e., isolated) while a red heat stress danger category IV condition exists at the work site. Extra precautions shall be taken when flame-resistant clothing (FRC) are required to be worn. Polyester and nylon fabric shall not be worn while a danger category IV exists at the work site. Red flag will be raised if heat index is equal or greater than 52 Send Mobile SMS message 	C	3	MEDIUM

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Category	Risk	Hazard	Likelihood	Severity	Risk Rating	Control Measures	Likelihood	Severity	Category
Danger	Temperature is between 39-51	Heat cramps, heat exhaustion or heat stroke likely with prolonged exposure and physical activity.	D	3	MEDIUM	 Drink 1 cup of water every 15 minutes Take a rest in Rest Shelter for 10 minutes every 30 minutes of sunlight exposure Orange flag will be raised if heat index is between 39-51 Send Mobile SMS message 	с	3	MEDIUM
Extreme Caution	Temperature is between 30-38	Heat cramps, heat exhaustion or heat stroke possible with prolonged exposure and physical activity.	D	3	MEDIUM	 Drink 1 cup of water every 20 minutes Take a rest in Rest Shelter for 10 minutes every 50 minutes of sunlight exposure Yellow flag will be raised if heat index is between 30-38 Send Mobile SMS message 	с	2	LOW
Caution	Temperature is between 25-29	Fatigue possible with prolonged exposure and/or physical activity.	С	3	MEDIUM	 Drink 1 cup of water every 20 minutes Normal working schedule Green flag will be raised if heat index is between 25-29 Send Mobile SMS message 	с	2	LOW

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Vender Reference : N/A	System / Subsystem	System / Subsystem: N/A Equipment Type: N/A					
		HIGH	- The activity shall be risk levels to mediu			carried out. Adequ n before the activi	ate control measures shall be established to bring the ty can be performed.
Definitions:	initions: MEDIUM LOW		- The requ can	activity sh iired. If req be perforn	nall be uired, ned.	to determine if any additional control measures are ontrol measures shall be established before the activity	
			- No a	required			

		HAZARD SEVERITY									
		Negligible (1)	Slight (2)	Moderate (3)	High (4)	Very High (5)					
	Very Unlikely (A)	LOW	LOW	LOW	LOW	MEDIUM					
LIKELIHOOD OF OCCURRENCE	Unlikely (B)	LOW	LOW	LOW	MEDIUM	MEDIUM					
	Possible (C)	LOW	LOW			HIGH					
	Likely (D)	LOW	MEDIUM	MEDIUM	HIGH	HIGH					
	Very Likely (E)	LOW	MEDIUM	HIGH	HIGH	HIGH					

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Attachment 5 – REST CYCLE CHECKLIST

	AMIRAL PKG-4 عناتورب المعالية المعالي															
	HEAT INDEX WORK REST CYCLE MONITORING LOG															
Super	visor Name					Location							Date:			
S.No	Badge No	1st Break		ak 🛛	2nd Break			3rd Break			4th Break			5th Break		
	Budgento	IN	OUT	SIGN	IN	OUT	SIGN	IN	OUT	SIGN	IN	OUT	SIGN	IN	OUT	SIGN
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
12																
13																
14																
15																
16																
17																
18																
19																
20																
	Note:-	All emple	oyees wor	king outdoo	r (expose	d) must be	e given frequ	ent break	ts as per f	lag system						