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with extensive experience"*

KAP
PROJECT SERVICES, LTD.



A P P R O V E D





Welcome Introduction
Mark Caldwell Safety/ Training Manager
Amber Cappello Safety Administrator



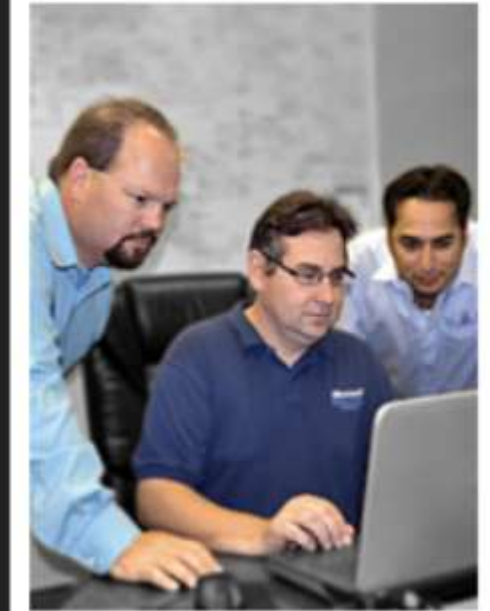
BEST PRACTICES

KAP's Best Practice Of 2016
Water Consumption Challenge
For Planning and Scheduling Workforce



Reasons why we went to the water consumptions challenge program for office personnel:

- Most of our business is conducted indoors.
- Our employees take more time to become acclimated to the heat.





KAP's Best Practice Of 2016

Water Consumption Challenge

- Goal Improve water consumption
- As an incentive program, we developed the Water Consumption Challenge
- Each employee takes responsibility for their hydration log
- Bottles Caps were removed and initials were added to the caps lids and then were turned into the safety department.
- We would then have a weekly drawing from a bucket with these bottle cap lids for a \$25.00 Gift Card.
- The Water Consumption Challenge "SOLVED"





EXAMPLE OF A Work/Rest Cycle and Fluid Intake Log

Date: 06/19/16	Company: KAP	Supervisor / Foreman / Crew Leader: Riley Whitsitt	Work Activity Level ⁴								
			Hard	Moderate	Light						
Task / Job Description: Material Handling and Procurement											
		1st Hour Break		2nd Hour Break		3rd Hour Break					
Name (Crew Members):	60-Minute Work Duration		Total Rest	Fluid Intake ⁵		60-Minute Work Duration		Total Rest	Fluid Intake ⁵		Remarks
	Start	End	(min)	Water	Sqwincher	Start	End	(min)	Water	Sqwincher	
1 Joel Vasquez	10:00	11:00	15min	16oz		11:00	12:00	15min	32oz	1	
2 Lora Aresmendez	10:00	11:00	15min	16oz		11:00	12:00	15min	32oz	1	
3 Kim Zamora	10:00	11:00	15min	16oz		11:00	12:00	15min	32oz	1	
4											
5											
6											
7											
8											
9											
10											
		4th Hour Break		5th Hour Break		6th Hour Break					
1 Joel Vasquez	2:00	3:00	20min	48oz	1	3:00	4:00	20min	32oz	1	
2 Lora Aresmendez	2:00	3:00	20min	48oz	1	3:00	4:00	20min	32oz	1	
3 Kim Zamora	2:00	3:00	20min	48oz	1	3:00	4:00	20min	32oz	1	
4											
5											
6											
7											
8											
9											
10											
Guidelines / Responsibilities:											
1. This log is required when outside field work exceeds 1 hour and occurs during heat stress months (May through September).											
2. Supervisor/Crew Leader/Lead Worker is required to maintain the log and have it available for review on the job site.											
3. Maintenance Supervisors/Planners, Special Projects Coordinators, and Nested Contractor Superintendents shall contact Safety Coach when utilizing non-nested sub-contractors.											
NOTE: Safety Coaches can be reached on Special Projects radio channel											
4. See Appendix C - Heat Stress Work /Rest Cycle guidelines for determination of activity level											
5. Recommended fluid intake is FOUR waters to ONE Sqwincher or Sports type drink.											
6. Safety Coach and/or CPChem Representative should check the log on a periodic basis (approximately every two-three hours).											
7. Supervisor/Crew Leader/Lead Worker shall return completed logs to the permit closeout area upon completion of work.											
8. Safety Coach shall collect and audit logs daily and submit to Safety Specialist for additional review as necessary.											




ON BEHALF OF OUR VPP SAFETY
COMMITTEE WE WOULD LIKE TO
CONGRADULATE

This weeks winner for participating in the
water fluid intake program
Mr. Mike McBride You have won a \$25.00
Gift Card



Examples of break schedule for each type of work being performed

Heat Index	Heat Category	Light Work		Medium Work		Hard Work	
		Work/Rest (Minutes)	Water Intake (Qt/Hr)	Work/Rest (Minutes)	Water Intake (Qt/Hr)	Work/Rest (Minutes)	Water Intake (Qt/Hr)
> 116°	Black	50/10	1	20/40	1	10/50	1
107° - 116°	Red	60/0	3/4	30/30	3/4	20/40	1
98° - 107°	Yellow	60/0	3/4	40/20	3/4	30/30	1
90° - 98°	Green	60/0	1/2	50/10	3/4	30/30	1
< 90°	White	60/0	1/2	60/0	3/4	40/20	1



- Administrative work
- Standing at a machine or bench with light arm work.
- Walking Hard Surface at 2.5 mph, carrying load <30 lbs
- Making rounds
- Walking Hard Surface at 2.5 mph, carrying load <40 lbs
- Use of arms and hands while walking about
- Welding
- Mechanic work
- Climbing stairs
- Walking Hard Surface at 2.5 mph, carrying load >40 lbs
- Shoveling
- Pushing
- Pulling
- Confined Space Entry

• Applies to average-sized, heat-acclimated employees.
 • The work/rest times and fluid replacement volumes will sustain performance and hydration for at least four hours of work in the specified heat category. Fluid needs can vary based on individual difference (+ 1/4 qt/hr) and exposure to full sun or full shade (+ 1/4 qt/hr).
 • Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.
 • CAUTION: Hourly fluid intake should not exceed 1-1/2 quarts.
 • Daily fluid intake should not exceed 12 quarts.

Heat Category	Hard Work (rest per hr.)	Moderate Work (rest per hr.)	Light Work (rest per hr.)
5 Black	50	40	10
4 Red	40	30	0
3 Yellow	30	20	0
2 Green	30	10	0
1 White	20	0	0

Note: If more spots are needed due to work group exceeding 10 person under one supervisor, an additional copy of this Log should be printed and attached.

1 Each Employee from each workgroup should fill in there name next to number 1-10 and follow that trend throughtout the work day.

2 Each section (Hourly Break 1-12) should be filled in, for each break taken in accordance with EHS 5.90 and the Heat Catefory requirements, with the appropriate info per field.

ANY QUESTION OR COMMITS?

