

Martin Marietta Heat Success Story

Martin Marietta addresses heat stress through education, engagement, and providing resources to our team members when they are working in hot environments. We educate our teams on heat stress before and throughout the summer season, ensuring they understand the heat index, how to acclimate to hot weather, the symptoms of heat stress and what to do if they are feeling them. We engage during the summer season by making the risks of heat stress a primary discussion point when our safety teams make site visits. And we aid our team members working in hot environments by ensuring they have ample supplies of cold water, cooling products (such as cooling vests, neck covers, UV-rated clothing, popsicles with electrolytes, and even fans for personal work areas), and are taking breaks in the shade or air-conditioned spaces and are staying hydrated.

Best practices to reduce the risk of heat stress

- Educate employees on the heat index, acclimatizing, the symptoms of heat stress, and what to do if those symptoms manifest.
- Discuss with employees what the weather, temperature, and heat index is going to be for the workday.
- Consider moving shift start times and scheduling physical outdoor tasks to take advantage of the coolest part of the day.
- Monitor your teams and encourage an approach where everyone looks out for one another.
- Provide employees with cooling products, UV-rated clothing, cold drinks (especially water and drinks with electrolytes and low sugar), and shaded or air-conditioned break areas.
- Encourage team members to research how any side effects of prescription medications they take may be affected by the heat.
- Allow time for breaks in shaded or air-conditioned break areas.
- Train on emergency response procedures, including proper ways to cool down a person experiencing symptoms of heat stress.