



# HEAT & COLD STRESS

Below are some of H&P's guidelines for ensuring the safety and well-being of employees as we work in hot and cold weather environments. These guidelines can be used by worker and supervisors in order to navigate the challenges of extreme temperatures, whether it's staying hydrated and preventing heat-related illnesses under the blazing sun or warding off hypothermia in the depths of winter. It is especially important that Supervisors are familiar with these and other measures, in order to ensure the people that work for them avoid suffering potentially severe injuries due to extreme weather. We encourage all employees to promote a safe working environment by proactively addressing potential health risks associated with extreme temperatures.

- ▶ As a Supervisor we need to consider the climate, physical work factors and personal factors of our crewmembers that may contribute to heat related illnesses prior to assigning tasks in high heat, high humidity work environments. Rotating crew members through intense work activities in high heat environments may be necessary to prevent dehydration and heat illnesses.
- ▶ Supervisors need to ensure adequate supply of drinking water on location(s) at all times, including both ends of rig moves. Supervisors will keep pickles, bananas, squinchers, or Pedialyte drinks available for when employees experience cramping in high heat environments.
- ▶ As you can expect, everyone needs to drink plenty of water to remain hydrated. Frequent water breaks and consuming items such as bananas, squinchers, and pickles are encouraged to prevent overheating/cramping.
- ▶ Employees should avoid excessive consumption of diuretics (i.e. coffee, energy drinks or other caffeine drinks) prior to and during work in high heat environments.
- ▶ As part of our annual training program, H&P Supervisors are trained on signs and symptoms of heat-related illness and methods to prevent heat illnesses as outlined in the HSE Standards & Guidelines. Supervisors will also be trained in emergency response procedures to heat illnesses.
- ▶ Crews need to monitor each other for signs of heat-related illness and immediately report to their supervisor any personnel showing signs of heat stress. Supervisors will seek medical attention for anyone on location experiencing heat exhaustion or heat stroke symptoms.
- ▶ Personnel who are overheated and showing signs of heat-related illness need to notify their supervisor and temporarily rest in a provided shaded area or cooler area before resuming normal duties.
- ▶ In an effort to reduce heat stress, H&P U.S. domestic employees are allowed to stand-down from wearing FRC when the following conditions have been met:
  - during a rig move with no threat of a flash-fire from hydrocarbons AND
  - there are no production operations or live well heads within 100-feet of the rig move AND
  - H&P Superintendent AND Company Representative approval.
- ▶ Employees whose clothes become saturated in oil-based drilling fluids in high heat environment need to change their clothing promptly. Saturated fabrics will store in heat and increase the likelihood of heat stress.
- ▶ Employees need to use sunscreen or sunblock products to avoid damage to the skin due to ultraviolet rays.
- ▶ In high temperature work environments all H&P employees need to wear white plastic hardhats only to reduce the likelihood of heat-related illnesses.

- ▶ Supervisors need to identify the types of jobs or employees who are at risk for cold exposure, and communicate the risks of cold exposure to those employees.
- ▶ Employees working in cold weather conditions need to utilize the “buddy system”, so that they have regular contact by a co-worker or supervisor
- ▶ If a person’s clothes become wet in cold conditions, they need to change their clothes promptly to prevent hypothermia.
- ▶ Proper cold weather protection must be worn by employees when working in cold, wet and windy conditions. Employees are encouraged to wear insulated socks and boots in cold weather.
- ▶ Employees need to report any signs of possible frost bite immediately to their supervisor. Delayed reporting can result in delayed treatment, which could ultimately increase the severity of the injury.
- ▶ Rig Managers and Drillers need to ensure crews to take frequent breaks to warm-up in extreme cold weather conditions
- ▶ Regularly used walkways and travel ways need to be sanded, salted or cleared of snow and ice in order to reduce the chance of a slip/trip/fall.
- ▶ Supervisors need to inform employees of the dangers associated with working around unstable snow and ice build-ups.
- ▶ All employees need to ensure that Cold weather supplies are regularly inspected and restocked when necessary.

