

### 3.2.3.8 Hot-Cold Weather Operations



YOUR ORGANIZATION  
STANDARD OPERATING PROCEDURES/GUIDELINES

**TITLE:** Hot-Cold Weather Operations

**SECTION/TOPIC:** Tactical-Strategic Guidelines

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**PREPARED BY:**

**APPROVED BY:**

X

Preparer

X

Approver

These SOPs/SOGs are based on FEMA guidelines FA-197

#### 1.0 POLICY REFERENCE

CFR

NFPA

NIMS

#### 2.0 PURPOSE

This standard operating procedure/guideline addresses operating in hot and cold weather or winter environments.

#### 3.0 SCOPE

This SOP/SOG pertains to all personnel in this organization.

#### 4.0 DEFINITIONS

These definitions are pertinent to this SOP/SOG.

#### 5.0 PROCEDURES/GUIDELINES & INFORMATION

##### 5.1 Operating in hot and cold weather or winter environments:

###### Heat Stress Management

The purpose of this procedure is to establish guidelines and responsibilities for minimizing the effects of heat stress to department members. The following practices are to be implemented whenever temperatures are expected to exceed 105 degrees or whenever the combination of air temperature and humidity equal a humidity index of 105 degrees. To obtain a humidity chart just Google “humidity”.

### **MEMBER'S RESPONSIBILITIES**

Each member will be responsible to:

- Maintain proper rest/nutrition regimen
- Observe appropriate work/rest cycles
- Hydrate before, during, and after each shift (minimize coffee, tea, and cola products)
- Inform supervisor of any ill effects to heat

### **COMPANY OFFICER'S RESPONSIBILITIES**

Company officers shall be responsible to monitor/manage:

- Cardiovascular activity (tennis, racquetball, running, etc.). Shall be limited to a maximum of 30 minutes.
- A minimum of 64 ounces (2 quarts) of fluid should be consumed during the 24 hour shift.
- Work/rest cycles--request a relief company and assignment to rehab after crew has consumed two bottles of air.
- Company activity and request additional resources as necessary.

### **COMMAND RESPONSIBILITIES**

- Establish a Rehab Sector/Division/Group on all working fires.
- Assign companies to Rehab Sector/Division/Group as needed or requested (companies shall remain in rehab for a minimum of 20 minutes).
- Utilize the practice of first company in, first company out routine.
- Request additional resources as necessary.

## DISPATCH/DEPLOYMENT RESPONSIBILITIES

Dispatch and Deployment will activate station packages provide a “Heat Stress Advisory” over Channel one including the following components:

- This is a Heat Stress Advisory
- The expected high temperature for the day
- All members follow Heat Stress reduction Protocols

## COLD STRESS

- Be aware of the symptoms of cold-related disorders, and wear proper, layered clothing for the anticipated fieldwork. Appropriate rain gear is a must in cool weather.

SYMPTOMS AND TREATMENT OF COLD STRESS			
	Immersion (Trench) Foot	Frostbite	Hypothermia
Signs and Symptoms	Feet discolored and painful; infection and swelling present.	Blanched, white, waxy skin, but tissue resilient; tissue cold and pale.	Shivering, apathy, sleepiness; rapid drop in body temperature; glassy stare; slow pulse; slow respiration.
Treatment	Seek medical treatment immediately.	Move victim to a warm place. Rewarm area quickly in warm—but <b>not</b> hot—water. Have victim drink warm fluids, but <b>not</b> coffee or alcohol. Do not break blisters. Elevate the injured area, and get medical attention.	Move victim to a warm place. Have victim drink warm fluids, but <b>not</b> coffee or alcohol. Get medical attention.

- Consider monitoring the work conditions and adjusting the work schedule using guidelines developed by the U.S. Army (wind-chill index) and the National Safety Council (NSC).
- Wind-Chill Index is used to estimate the combined effect of wind and low air temperatures on exposed skin. The wind-chill index does not take into account the body part that is exposed, the level of activity,

or the amount or type of clothing worn. For those reasons, it should only be used as a guideline to warn workers when they are in a situation that can cause cold-related illnesses.

- NSC Guidelines for Work and Warm-Up Schedules can be used with the windchill index to estimate work and warm-up schedules for fieldwork. The guidelines are not absolute; workers should be monitored for symptoms of cold-related illnesses. If symptoms are not observed, the work duration can be increased.
- Persons who experience initial signs of immersion foot, frostbite, hypothermia should consult the SC/HSM to avoid progression of cold-related illness.
- Observe one another for initial signs of cold-related disorders.
- Obtain and review weather forecast – be aware of predicted weather systems along with sudden drops in temperature, increase in winds, and precipitation.