

## Definitions - IHIPP

1. **Acclimatization:** Temporary adaptation of the body to work in the heat that occurs gradually when a person is exposed to it. Acclimatization peaks in most people within four to fourteen days of regular work for at least two hours per day in the heat.
2. **Administrative control:** A method to limit exposure to a hazard by adjustment of work procedures, practices, or schedules.
3. **Clothing that restricts heat removal:** Full-body clothing covering the arms, legs, and torso that is waterproof, designed to protect from various hazards, or designed to protect from contamination.
4. **Cool-down area:** An indoor or outdoor area that is blocked from direct sunlight and shielded from other high radiant heat sources, either open to the air or provided with ventilation or cooling.
5. **Engineering control:** A method of control or a device that removes or reduces hazardous conditions or creates a barrier between the employee and the hazard.
6. **Environmental risk factors for heat illness:** Working conditions that create the possibility that heat illness could occur, including air temperature, air movement, relative humidity, radiant heat, conductive heat sources, workload, protective clothing, and personal protective equipment.
7. **Globe temperature:** The temperature measured by a globe thermometer, which consists of a thermometer sensor in the center of a six-inch diameter hollow copper sphere painted on the outside with a matte black finish, or equivalent.
8. **Heat illness:** A serious medical condition resulting from the body's inability to cope with a particular heat load, including heat cramps, heat exhaustion, heat syncope, and heat stroke.
9. **Heat index:** A measure of heat stress developed by the National Weather Service for outdoor environments that takes into account the dry bulb temperature and the relative humidity.
10. **Heat wave:** Any day in which the predicted high outdoor temperature for the day will be at least 80 degrees Fahrenheit and at least ten degrees Fahrenheit greater than the average high daily outdoor temperature for the preceding five days.
11. **High radiant heat area:** A work area where the globe temperature is at least five degrees Fahrenheit greater than the temperature.
12. **High radiant heat source:** Any object, surface, or other source of radiant heat that, if not shielded, would raise the globe temperature of the cool-down area five degrees Fahrenheit or greater than the dry bulb temperature of the cool-down area.
13. **Indoor:** A space that is under a ceiling or overhead covering that restricts airflow and is enclosed along its entire perimeter by walls, doors, windows, dividers, or other physical barriers that restrict airflow.
14. **Personal heat-protective equipment:** Equipment worn to protect the user against heat illness.
15. **Personal risk factors for heat illness:** Factors such as an individual's age, degree of acclimatization, health, water consumption, alcohol consumption, caffeine consumption, and use of medications that affect the body's water retention or other physiological responses to heat.
16. **Preventative cool-down rest:** A rest taken in a cool-down area to prevent overheating.
17. **Radiant heat:** Heat transmitted by electromagnetic waves and not transmitted by conduction or convection.

18. Relative humidity: The amount of moisture in the air relative to the amount that would be present if the air were saturated.
19. Shielding: A physical barrier between radiant heat sources and employees that reduces the transmission of radiant heat.
20. Temperature: The dry bulb temperature in degrees Fahrenheit obtainable by using a thermometer freely exposed to the air without considering humidity or radiant heat, to measure the temperature in the immediate area where employees are located.
21. Union representative: A recognized or certified collective bargaining agent representing the employees.