



Quantum Rise Project

High Heat Exposure Mitigation Plan

Purpose

This plan supplements Lithko's Heat Illness Prevention Program by implementing additional controls to protect employees during periods of elevated heat stress.

Activation Criteria

The plan is activated whenever the Wet Bulb Globe Temperature (WBGT) exceeds 87°F.

Work / Rest Requirements

Heat Category (WBGT)	All Concrete Activities
Yellow (87.0–89.9°F)	4 hrs work / 15 min rest
Red (90.0–92.0°F)	3 hrs work / 15 min rest
Black (>92.1°F)	2 hrs work / 15 min rest

Additional Requirement: One-hour lunch break maintained for all crews.

Hydration & Recovery Measures

- We will implement the start of the day with a hydration enhanced drink during our stretch and flex discussions and encouraged more throughout the day.
- Potable drinking water available at all work locations
- Additional shaded recovery stations with ice chests near active work areas.

Employee Training & Awareness

- Hydration and electrolyte replacement
- Healthy eating habits
- Recognition of heat stress symptoms
- Safe hydration practices

Employee Expectations

- Stay hydrated



- Monitor coworkers for heat illness signs
- Report symptoms immediately
- Use stop-work authority when needed

Employees may stop working and notify their supervisor whenever they believe additional recovery time is necessary due to heat exposure. Employees will not be disciplined for requesting additional recovery time or reporting heat related concerns.

KEY MESSAGE

Hydrate • Recognize Symptoms • Take Recovery Breaks • Speak Up Early