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**DOCUMENTS FOR WORK ABOVE 5.500 MASL  
CERRO CHAJNANTOR, SAN PEDRO DE ATACAMA**

**GENERAL MANAGER: Jim Blair**

**SIGNATURE \_\_\_\_\_**

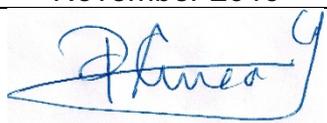
**INSTRUCTIVE CCAT-006**

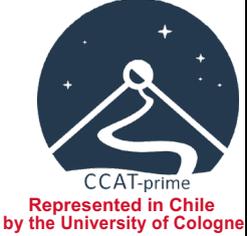
**SYSTEM OF PROGRAMMED BREAKS AT 5,500**

	<b>OCCUPATIONAL SAFETY MANAGEMENT SYSTEM CCAT</b>	Date: December 2019
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## 1. Objective

To define a system of programming pauses (work breaks) to mitigate the effects of extreme altitude, and facilitate acclimatization, hydration, and recovery from tasks with high physical load. In this way, one of the requirements demanded by the Technical Guide on the Occupational Exposure to Chronic Intermittent Hypobarism due to High Altitude, published by the Ministry of Health for work above 5,500 masl, is fulfilled.

## 2. Scope

This instruction must be known and complied with by all the personnel that directly or indirectly participate in the CCAT Project who carry out work at or over 5,500 masl.

## 3. Responsibilities

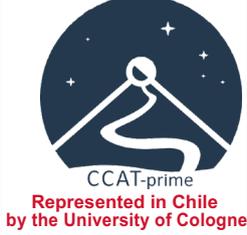
**CCAT Management:** designate that the daily program of work on CCAT work sites above 3,000 masl, by CCAT's personnel as well as by contractors/subcontractor companies, includes four breaks over a standard work day.

Contract managers and supervisors are responsible for complying with the break requirements indicated by the Project.

## 4. Definitions

**Extreme altitude:** over 5,500 meters above sea level.

**Break:** A period of time greater than 15 minutes of work stoppage, in which the worker is dedicated to rest, hydration, nutrition, use of hygienic services, oxygenation in the Recovery Room, oxygenated nap, etc.

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## 5. Procedure

Break times are distributed between 08:00 and 18:00 hours.

At a work site meeting area (below 3,000 masl), workers will receive the equipment for oxygenation, daily safety briefing, and instructions on work and equipment. After these activities are accomplished, workers will have any pre-ascent medical checks performed (e.g., documented blood pressure check, etc.) and conduct a tools review. Once these activities are completed, there will be a pause of 15 minutes before ascending over 3,000 masl in order to complete a time of acclimatization and hydration.

Once above 3,000 masl, mandatory breaks will be programmed. After 2 hours of work at high or extreme altitude (approximately 11:00), a break of 15 minutes is indicated, after another 2 hours of work comes the lunch break. The lunch break will be no less than 30 minutes. In the afternoon at 15:45, another 15-minute break will take place. All worker must begin descending from 5,500 to below 3,000 masl no later than 17:30 each day. During a normal day for an acclimatized worker (not on their first three days of a new work week), a total of at least 1 hour and 15 minutes of breaks will be programmed with exposure to 5,500 meters of altitude of not more than 8 hours.

Additionally, for workplaces that have a percentage Cardiovascular Load (% CL) over 30% due to high physical load, interspersed breaks will be indicated according to the demands of their critical tasks.

## 6. References

**Technical Guide on Occupational Exposure to High Altitude Chronic Intermittent Hypobarism, Sanitary authorization for works over 5.500 masl., page 20.**  
[https://www.minsal.cl/sites/default/files/guia\\_hipobarism\\_altitud.pdf](https://www.minsal.cl/sites/default/files/guia_hipobarism_altitud.pdf)