

N E W S R E L E A S E

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Cal/OSHA Issues Statewide High Heat Advisory as Temperatures Soar

Oakland—Cal/OSHA is urging all employers to protect their outdoor workers from heat illness as temperatures hit extreme highs this week. The National Weather Service has issued [excessive heat warnings](#) for multiple areas throughout the state that will last through Sunday. Temperatures well over 100 degrees are predicted in many locations, including the greater San Diego area and the Inland Empire east of Los Angeles.

Even some cities in the normally cooler San Francisco Bay Area are expected to experience 100+ degree weather, including [Concord](#) and [Walnut Creek](#).

“Employers need to be aware of the rules that protect workers from heat illness,” said Cal/OSHA Chief Juliann Sum. “Water, rest, shade and increased vigilance are absolutely essential in high heat conditions.”

California’s heat regulation requires all employers with outdoor workers to protect outdoor workers by taking these basic steps:

- Train all employees and supervisors about heat illness prevention.
- Provide enough fresh water so that each employee can drink at least 1 quart, or four 8-ounce glasses, of water per hour, and encourage them to do so.
- Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. They should not wait until they feel sick to cool down.
- Develop and implement written procedures for complying with the Cal/OSHA [Heat Illness Prevention Standard](#).

Cal/OSHA will inspect outdoor worksites in industries such as agriculture, construction, landscaping, and others throughout the heat season. Through partnerships with various employer and worker organizations in different industries, Cal/OSHA will also provide consultation, outreach and training on heat illness prevention.

Cal/OSHA’s award-winning heat illness prevention campaign, the first of its kind in the nation, includes enforcement of heat regulations as well as outreach and training for California’s employers and workers.

Online information on the heat illness prevention requirements and training materials can be obtained at Cal/OSHA's [Heat Illness web page](#) or the [Water, Rest, Shade, campaign site](#). A [Heat Illness Prevention e-tool](#) is also available on Cal/OSHA's website.

Cal/OSHA helps protect workers from health and safety hazards on the job in almost every workplace in California. [Cal/OSHA's Consultation Services Branch](#) provides free and voluntary assistance to employers to improve their health and safety programs. Employers should call (800) 963-9424 for assistance from Cal/OSHA Consultation Services.

Employees with work-related questions or complaints may contact DIR's Call Center in English or Spanish at 844-LABOR-DIR (844-522-6734). The California Workers' Information line at 866-924-9757 provides recorded information in English and Spanish on a variety of work-related topics. Complaints can also be filed confidentially with [Cal/OSHA district offices](#).

Members of the press may contact Erika Monterroza or Peter Melton at (510) 286-1161, and are encouraged to [subscribe to get email alerts](#) on DIR's press releases or other departmental updates.

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The [California Department of Industrial Relations](#), established in 1927, protects and improves the health, safety, and economic well-being of over 18 million wage earners, and helps their employers comply with state labor laws. DIR is housed within the [Labor & Workforce Development Agency](#). For general inquiries, contact DIR's Communications Call Center at 844-LABOR-DIR (844-522-6734) for help in locating the appropriate [division or program](#) in our department.