2014
HEAT ILLNESS PREVENTION TRAINING
Training Goals

- Review the regulatory language and heat illness preventive measures.

- Increase awareness and commitment to safety and health at the work site.
Heat Illness Prevention
Elements Include:

- Access to Water
- Access to Shade
- Weather Monitoring and Acclimatization
- High Heat Procedures
- Employee and Supervisory Training
- Written Procedures Including Emergency Response
Access to Water

- Potable drinking water must be made available at no cost to the employee.
- Maintain, at all times, sufficient quantities of cool potable drinking water (i.e. enough to provide at least one quart per employee per hour for the entire shift).
Access to Water

- Water must be fit to drink. Water containers CAN NOT be refilled from non-potable water sources (e.g. irrigation wells, sprinkler or firefighting systems).
- Care must be taken to prevent contamination of the drinking water supplied to the workers.
Access to Water

- Implement and maintain effective replenishment procedures when beginning the shift with smaller quantities.
Access to Water

- Locate the water containers as close as practicable given the working conditions and layout of the worksite.
- Keep it readily accessible, move it with the workers!
- Encourage the frequent drinking of water.

Remind workers not to wait until they are thirsty!
Shade Up: When the temperature exceeds 85° F

- Have and maintain one or more areas of shade at all times, when employees are present.
- Locate the shade as close as practical to the area where employees are working.
Shade Up:
When the temperature exceeds 85° F

- Provide enough shade to accommodate at least 25% of the employees on the shift at any one time. However, retain the ability to permit access to all workers that request it.

- Remember: Access to shade must be permitted at all times.
Encourage employees to take a cool-down rest in the shade, for a period of no less than 5 minutes at a time.

Shaded area must not cause exposure to another health or safety hazard. Areas underneath mobile equipment (e.g. tractor), or areas that require crouching in order to sit fully in the shade are not acceptable.
If temperature is below 85° F

- When the temperature does not exceed 85° F, provide timely access to shade upon request.
In situations where the employer can demonstrate that it is not safe or feasible to provide shade, an employer can utilize established procedures for providing shade upon request or, for non-agricultural employers, alternative cooling measures that provide equivalent protection.
Monitor the Weather
www.nws.noaa.gov

- Instruct supervisors to track the weather of the job site [by monitoring predicted temperature highs and periodically using a thermometer.]

- Determine, and instruct supervisors on, how weather information will be used to modify work schedule, increase number of water and rest breaks or cease work early if necessary.
As an employer, you are responsible for the working conditions of your employees, so you must act effectively when conditions result in sudden exposure to heat that your workers are not used to.

Thus, determine how your company will:

- lessen the intensity and/or shift length of the newly-hired employees’ work during a two or more week break-in period;
- modify the work schedule or reschedule non essential duties, during the hot summer months;
- be extra-vigilant with your employees to recognize immediately symptoms of possible heat illness.
High Heat Procedures

Industries covered by this subsection:

- Agriculture
- Construction
- Landscaping
- Oil and Gas Extraction
- Transportation or delivery of agricultural, construction materials or other heavy materials.
When the temperature equals or exceeds 95°F

You must implement additional preventive measures:

1. Ensure effective communication (by voice, observation or electronic means).

2. Observe employees for alertness and signs and symptoms of heat illness.
3. Give more frequent reminders to drink plenty of water.

4. Closely supervise new employees, for the first 14 days.
Employee & Supervisor Training

Ensure all employees and supervisors:

- Are trained before beginning work that should reasonably be anticipated to result in a heat illness.
Employee Training

- The environmental and personal risk factors for heat illness, as well as the added burden of heat load on the body
- Your company’s heat illness prevention procedures
Employee Training, cont.

- Importance of frequent consumption of small quantities of water
- Different types of heat illness, common signs and symptoms
Employee Training, cont.

- Importance of acclimatization

  Training must include the importance of acclimatization, how it is developed, and how your procedures address it.

- Importance of immediately reporting signs or symptoms of heat illness to a supervisor

- Procedures for responding to possible heat illness
Employee Training, cont.

- Procedures to follow when contacting emergency medical services, providing first aid, and if necessary transporting employees.

- Procedures that ensure clear and precise directions to the work site, including designating a person to be available to ensure that emergency procedures are invoked when appropriate.
Supervisor Training

- The information required to be provided by this regulation.
- The procedures to follow to implement the applicable provisions in this section.
- Procedures to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures and first aid.
- How to monitor the weather reports and how to respond to hot weather advisories.
Written Procedures

- As long as they are effective, your Heat Illness Procedures can be integrated into the IIPP.
- Maintain the procedures on site or close to the site, so that it can be made available to employees and representatives of Cal/OSHA upon request.
Written Procedures, cont.

Detail how your company will:

- Provide access to water & shade.
- Monitor the weather.
- Institute high heat procedures and address lack of acclimatization.
- Train all employees and supervisors.
- Respond to heat illnesses without delay, provide first aid and emergency services.
- Provide clear and precise directions to the worksite.
Serious Hazard

You risk a serious citation if the outdoor temperature in the work area exceeds 85° F and any of these required elements is not present at the site:

- Drinking water
- Shade
- Trained employees or supervisor
- Emergency response procedures
You may also risk an Order Prohibiting Use (OPU) and a Serious Citation if the heat and lack of facilities create an imminent hazard.

An OPU may be issued if:

- The temperature is $\geq 95^\circ$ and water, shade, training or emergency procedures are not in place;
- The temperature is $\geq 85^\circ$, and there is a heat wave, heavy workload or other critical factor putting employees in danger.

An OPU:

- Will shut down the operation, and;
- Work will not be allowed to resume until the employer demonstrates that the imminent hazard has been corrected.
For Additional Information

For Heat Illness Materials, Visit:  
WWW.99calor.org

Welcome to the California campaign to protect outdoor workers from HEAT ILLNESS.
Cal/OSHA Consultation

How to reach us

Visit www.dir.ca.gov/dosh/consultation.html for complete listing of our services. **Contact the nearest office at:**

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<th>Service Area</th>
<th>Phone Number</th>
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<td>800-963-9424</td>
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<td>559-454-1295</td>
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