

## N E W S   R E L E A S E

News Release No.: 2017-29

Date April 27, 2017

### Cal/OSHA Urges Employers to Protect Outdoor Workers from Heat Illness

**Fresno**—With California’s heat season quickly approaching, Cal/OSHA today hosted a news conference to remind employers that prevention is the best defense for outdoor workers against heat-related illness and death.

A key component of Cal/OSHA’s prevention model includes annual trainings statewide in both [English](#) and [Spanish](#). Nisei Farmers League and 11 other agricultural employers co-sponsored training sessions in each language today in Easton. The training highlights the need to protect outdoor workers from heat illness and the requirements under California’s heat illness standard.

“Cal/OSHA continues to enforce the nation’s most comprehensive heat illness prevention regulation, and we will continue our outreach, consultation and training for workers and employers to ensure that workers are protected from the heat,” said Cal/OSHA Chief Juliann Sum.

The risk of heat illness is generally highest for people who work outdoors. Therefore, Cal/OSHA’s prevention approach includes targeted enforcement inspections at outdoor worksites in industries such as agriculture, landscaping and construction during heat season. These inspections ensure compliance with the [heat illness prevention standard](#) and the [injury and illness prevention standard](#), which require employers to take the following basic precautions:

1. Train all employees and supervisors on heat illness prevention.
2. Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8-ounce glasses of water per hour, and *encourage them to do so*.
3. 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. *Shade structures must be in place when temperatures exceed 80 degrees Fahrenheit, or upon request.*
4. Closely observe all employees during a heat wave and any employee newly assigned to a high heat area. Lighter work, frequent breaks or shorter hours will help employees who have not been working in high temperatures adapt to the new conditions.

5. Develop and implement written procedures for complying with the Cal/OSHA heat illness prevention standard, including plans on how to handle medical emergencies and steps to take if someone shows signs or symptoms of heat illness.

The most frequent violation that Cal/OSHA cites during targeted heat inspections is for failure to have a proper written heat illness prevention plan specific to the worksite. Serious violations are often related to inadequate access to water and shade, and to a lack of supervisor and employee training.

To remain in compliance with the standard, Cal/OSHA encourages employers and worker supervisors to learn more about the standard, which was amended in 2015. Please refer to the [Cal/OSHA guidance on the new requirements](#) and the [Heat Illness Prevention Enforcement Q&A](#) for more information on the updates.

Additional information about heat illness prevention, including details on upcoming training sessions throughout the state are posted on Cal/OSHA's [Heat Illness Prevention](#) page. Cal/OSHA also has extensive multilingual materials for employers, workers and trainers on its [Water. Rest. Shade.](#) public awareness campaign website.

Questions related to heat illness prevention should be directed to [Cal/OSHA's Consultation Services Branch](#), which provides free and voluntary assistance to employers and employee organizations 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 Paola Laverde at (510) 286-1161. The public is also encouraged to [subscribe to get email alerts](#) on DIR's press releases or other departmental updates.

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