

## N E W S   R E L E A S E

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### **Cal/OSHA Reminds Employers with Outdoor Workers to Protect Them from Heat Illness as Temperatures Rise Across Southern California**

**Oakland**—Cal/OSHA is reminding all employers to protect their outdoor workers from the risk of heat illness, as temperatures in [Southern California](#) will climb into the high 90s today, with forecasts reaching over 100 degrees in some areas over the first half of the week.

“Heat waves can occur well into autumn in California, so it’s important to remind employers of their responsibilities to protect workers from heat-related illness,” said Cal/OSHA Chief Juliann Sum. “Our goal is to prevent illnesses and deaths caused by exposure to heat.”

Cal/OSHA urges workers experiencing possible overheating to take a preventative cool-down rest in the shade until symptoms are gone. Workers who have existing health problems or medical conditions that reduce tolerance to heat, such as diabetes, need to be extra vigilant. Some high blood pressure and anti-inflammatory medications can also increase a worker’s risk for heat illness.

In addition to the basic steps outlined by [California’s heat regulation](#) for employers with outdoor workers, heat at or above 95 degrees Fahrenheit requires employers to take [additional](#) precautions. Among other measures, it is crucial that workers are actively monitored for early signs of heat illness. This helps ensure sick employees receive treatment immediately and that the symptoms do not develop into a serious illness or death.

Employers must train supervisors and workers on emergency procedures in case a worker does get sick to ensure that the worker receives treatment immediately and serious illness does not develop.

Cal/OSHA’s Heat Illness Prevention special emphasis program, the first of its kind in the nation, includes enforcement of heat regulations as well as multilingual outreach and training program for California’s employers and workers. Online information on heat illness prevention requirements and training materials are available on Cal/OSHA’s

[Heat Illness Prevention web page](#) and 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. Employers and workers who have questions or need assistance with workplace health and safety programs can call [Cal/OSHA's Consultation Services Branch](#) at 800-963-9424.

Complaints about workplace safety and health hazards can be filed confidentially with [Cal/OSHA district offices](#). Employees with work-related questions or complaints may contact DIR's Call Center in English or Spanish at 844-LABOR-DIR (844-522-6734).

Members of the press may contact Peter Melton or Lucas Brown 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.