

COV NEEG UA HAUJ LWM KEV NYAB XEEB DAIM NTAWV TEEV NPE RAU COV CHAW NTXUAV HLUAV TAWS



KeV ntxuav hluav taws, tshem tawm thiab rhuav tshem tom qab hluav taws yog qhov txaus ntshai. Nws yuav ua rau cov neeg ua hauj lwm raug cov hmoov tshauv thiab khib nyiab lom, hmoov pob zeb, Khe mis, cov qauv tsis ruaj khov thiab lwm yam kev phom sij. Nyob rau hauv Cal/OSHA txoj cai kev nyab xeeb hauv chaw ua hauj lwm, cov tswv hauj lwm yuav tsum tau txheeb xyuas cov kev phom sij no thiab muab kev cob qhia kom raug, khoom siv tiv thaiv tus kheej (PPE) thiab lwm yam kev tiv thaiv rau cov neeg ua hauj lwm. KeV ua hauj lwm ntxuav hluav taws, suav nrog kev tshem tawm cov hmoov tshauv, cov pa taws, thiab cov khib nyiab, thiab kev ntxuav cov tsev uas raug hluav taws los sis pa taws puas, tsis yog kev pab cuam hauv tsev neeg. Cov neeg ua hauj lwm uas ua hauj lwm no raug kev tiv thaiv los ntawm cov qauv kev noj qab haus huv thiab kev nyab xeeb ntawm Cal/OSHA. Yog xav paub ntxiv txog Cal/OSHA cov kev cai rau kev nyab xeeb ntawm cov neeg ua hauj lwm thaum ntxuav hluav taws, thov saib:

Site safety and health: <https://www.dir.ca.gov/dosh/wildfire/worker-health-and-safety-during-fire-cleanup.html>

KeV tiv thaiv ua pa: https://www.dir.ca.gov/dosh/fire_resp_protection.html

Tej Khoom Siv tiv thaiv Rau Koj Tus Kheej (PPE): <https://www.dir.ca.gov/dosh/wildfire/Protective-Equipment-During-Fire-Cleanup.html>

NPAJ THIAB KEV COB QHIA

Ua ntej pib ua hauj lwm, cov tswv ntiav hauj lwm yuav tsum tau:

1. Tsim ib txoj kev npaj zoo los txheeb xyuas cov kev phom sij ntawm qhov chaw thiab sib txuas lus rau cov neeg ua hauj lwm;
2. Xyuas kom paub meej tia cov neeg ua hauj lwm tau kawm paub txog khib nyiab pom sij thiab tiv thaiv thaum muaj xwm ceev (HAZWOPER); thiab
3. Muab cov neeg ua hauj lwm nrog cov khoom siv tiv thaiv tus kheej kom raug, suav nrog kev tiv thaiv ua pa.

PIV TXWV NTAWM TEJ YAM PHOM SIJ

- Hluav taws xob, cov kab hluav taws xob poob, daim hluav taws xob hnuv ci
- Cov qauv tsis ruaj khov, qhov tsua, thiab ntoo
- Hmoov pob zeb, ppob zeb puas thiab sab nrauv
- Cov hmoov tshauv thiab hmoov av, tshuaj tua kab, roj tsheb, cov khoom siv che mis
- Taub rau gas kaw hau, taub rau roj saum qaum av thiab qab av
- Cov chaw kaw uas muaj cov pa oxygen tsawg thiab huab cua lom

- Coccidioides spores hauv av (Valley Fever)
- Cov cuab yeej siv hnyav thiab tsheb khiav
- Kev mob tshav kub
- Cov pa roj carbon monoxide los ntawm kev siv cov khoom siv siv roj av hauv cov chaw kaw

KHAUB NCAW TIV THAIV TU KHEEJ (PPE)

Cov tswv ntiav yuav tsum muab cov neeg ua hauj lwm nrog cov khoom siv tiv thaiv tus kheej hauv qab no ntawm cov chaw tua hluav taws, tshem tawm thiab rhuav tshem. Cov neeg ua hauj lwm yuav tsum tau txais kev cob qhia txog kev siv, kev saib xyuas, thiab kev txwv ntawm PPE.

- Ib lub nab kaj lim cua (APRs) uas muaj ib lub lim cua muaj kev ua tau zoo heev (HEPA), ua ke nrog ib lub cartridge organic vapor (OV) thiab formaldehyde. Ib lub P100, N100 los sis R100 lim tau siv hloov chaw HEPA lim (T8CCR [5144](#)).
- Txhawm rau kom tsis txhob muaj cov khoom cuav, thov mus saib ntawm [NIOSH Certified Equipment List](https://www.cdc.gov/niosh/npptl/topics/respirators/cel/default.html) (<https://www.cdc.gov/niosh/npptl/topics/respirators/cel/default.html>).
- Nab kaj N95 tej zaum yuav siv tau qhov twg tsob nroj los yog ntawm tsis tau kho ib leeg tau kub hnyiab, hloov chaw ntawm ib lub elastomeric APR.

Nplooj ntawv 1 ntawm 2

Yog xav paub ntxiv, thov hu rau qhov chaw Cal/OSHA ntawm 833-579-0927, Hnuv Monday txog Friday, thaum 9 teev sawv ntxov txog 7 teev tsaus ntuj. Cov lus tsis txaus siab txog kev nyab xeeb thiab kev noj qab haus huv ntawm chaw ua hauj lwm yuav xa tau kom tsis pub leej twg paub rau Cal/OSHA cov chaw ua hauj lwm hauv cheeb tsam.

www.dir.ca.gov/dosh | www.dir.ca.gov/dosh/Worker-Health-and-Safety-in-Wildfire-Regions.html



COV NEEG UA HAUJ LWM KEV NYAB XEEB DAIM NTAWV TEEV NPE RAU COV CHAW NTXUAV HLUAV TAWS



Cov Khaub Ncaws Tiv Thaviv Tus Kheej (txuas ntxiv)

- Lub kos mom tawv
- Tiv thaviv qhov muag
- Kev tiv thaviv kev hnov lus rau cov cuab yeej hnyav thiab cov cuab yeej hluav tawv xob
- Cov khaub ncaws npog tag nrho lub cev nrog lub taub hau
- Cov hnab looj tes tiv thaviv che mis thiab raug mob
- Khau raj tiv thaviv rau kev ua hauj lwm
- Kev tiv thaviv kev poob ntwam cov neeg ua hauj lwm qhov chaw siab

- Yuav tsum muaj kev tswj hwm mu lo thiab muaj tus tsa te qhia thaum cov khoom siv hnyav ua haujlwm (T8CCR [1598](#) thiab [1599](#)).
- Cov neeg ua hauj lwm yuav tsum tau npaj cov khoom siv thaum raug mob, cov tua hluav taws, qhov chaws ntxuav muag ua nqa tau nrog nraim thiab chaw siv chav dej (T8CCR [1512](#), [3400](#), [1922](#), [1526](#), [1527](#), [5162](#), [5162](#)).
- Hu rau 911 tam sim ntwam yog tias muaj kev raug mob loj los sis mob hnyav.
- Cov neeg ua hauj lwm yuav tsum muaj kev nkag mus tau yooj yim rau cov chaw ntxuav tes ua ntej so, thaum tawm hauv chaw ua hauj lwm, thiab tom qab tshem PPE tawm (T8CCR [1524\(a\)](#), [1527\(a\)](#), [5192\(k\)](#)).
- Cov neeg ua hauj lwm nrog ntshuab kaw ntoo yuav tsum ua raws li txoj cai tshuab kaw ntoo ntwam Cal/OSHA (T8CCR [6283](#)).
- Cov neeg ua hauj lwm yuav tsum ua raws li cov txheej txheem tua tshuaj kab mob thiab tshem PPE tawm ua ntej so thiab ua ntej mus tsev kom tsis txhob raug cov tshuaj lom thiab tsis txhob ua qias neeg rau lwm yam tshem ntiag tug thiab chaw nyob (T8CCR [5192](#)).

KEV UA HAUJ LWM NYAB XEEB

Cal/OSHA xav kom muaj kev nyab xeeb kev ua hauj lwm ntwam qhov chaw ntxuav, suav nrog cov hauv qab no:

- Cov neeg ua hauj lwm yuav tsum tau kawm thiab lub chaw ua hauj lwm yuav tsum nyab xeeb ua ntej pib ua hauj lwm (T8CCR [5192](#), [1509](#), [1510](#) thiab [3203](#)).
- Cov neeg ua hauj lwm yuav tsum hnav lawv cov khoom tiv thaviv tus kheej (PPE), suav nrog kev tiv thaviv ua pa (T8CCR [5192](#)).
- Ceeb cov chaws roj, hluav taws xob, thiab qab av lwm yam tsawg kawg yog 48 teev ua ntej nkag mus rau hauv qhov chaw kom paub tseeb tias txhua qhov kev siv hluav taws xob raug kaw thiab raug cim (T8CCR [1541\(b\)\(2\)](#). Hu rau DigSafe ntwam (811).
- Tsuas yog cov neeg ua haujlwm hluav taws xob uas tsim nyog thiaj raug tso cai ua hauj lwm ze cov kab hluav taws xob thiab kho fais fab (T8CCR [2940](#)).
- Dej yuav tsum tau siv los txo plua plav thiab khib nyiab (T8CCR [5141](#) thiab [1532.3](#)).
- Cov neeg ua hauj lwm yuav tsum tau muab kev tiv thaviv thaum ua hauj lwm ntwam qhov chaw siab (Saib <https://www.dir.ca.gov/dosh/dosh-publications/Fall-Protection-in-Construction-fs.pdf>).
- Cov neeg ua hauj lwm yuav tsum tau tiv thaviv kom tsis txhob raug kev phom sij ntwam kev nraug nkaug (T8CCR [1712](#)).
- Cov neeg ua hauj lwm yuav tsum tau muab dej, so, thiab ntxoov ntxoo kom tsis txhob muaj mob tshav kub (T8CCR [3395](#)).
- Cov tshuab hluav taws xob yuav tsum tsis txhob txuas nrog cov hlua ruaj ruaj (T8CCR [2320.9](#)).

CAL/OSHA

Cov neeg ua hauj lwm hauv California raug tiv thaviv tsis hais txog lawv txoj cai nkag teb chaws. Cov neeg ua hauj lwm uas muaj lus nug txog kev nyab xeeb thiab kev noj qab haus huv hauv chaw ua hauj lwm tuaj yeem hu rau 833-579-0927 los tham nrog ib tug neeg sawv cev Cal/OSHA uas hais tau ob hom lus nyob rau lub sij hawm ntwam 9:00 a.m. thiab 7:00 p.m. hnuv Monday txog Friday.

Kev tsis txaus siab txog kev nyab xeeb hauv chaw ua hauj lwm thiab kev phom sij rau kev noj qab haus huv tuaj yeem xa mus rau [Cal/OSHA cov chaw haujlwm hauv cheeb tsam](#).

Tag nrho cov kev cai Cal/OSHA npe 8 teev saum toj no tuaj yeem nrhiav tau ntwam: <https://www.dir.ca.gov/samples/search/query.htm>

Cov tswv hauj lwm uas muaj lus nug los yog xav tau kev pab txog kev noj qab haus huv thiab kev nyab xeeb hauv chaw ua hauj lwm, thov hu rau [Cal/OSHA's Consultation Services Branch](#) ntwam 800-963-9424.

Nplooj ntwam 2 ntwam 2

Yog xav paub ntxiv, thov hu rau qhov chaw Cal/OSHA ntwam 833-579-0927, Hnuv Monday txog Friday, thaum 9 teev sawv ntxov txog 7 teev tsaus ntuj. Cov lus tsis txaus siab txog kev nyab xeeb thiab kev noj qab haus huv ntwam chaw ua hauj lwm yuav xa tau kom tsis pub leej twg paub rau Cal/OSHA cov chaw ua hauj lwm hauv cheeb tsam.

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