



Heat Illness Prevention:

As temperatures rise, so does the risk of heat illness, a medical condition that result from the body’s inability to cope with heat and cool itself. We cannot emphasize strongly enough to all employers that heat illness can be deadly. This risk is generally the highest for people who work outdoors, and that is why California’s Heat Illness Prevention Standard was developed.

The best defense against heat-related illnesses and fatalities is prevention. The Heat Illness Prevention Standard, Title 8, California Code of Regulations, Section 3395, adopted August 12, 2005, requires all employers with outdoor worksites to take steps to prevent heat illness.

What you need to know

Take the following four steps to help prevent heat illness:

1. Training

Train all employees and supervisors about heat illness prevention.

2. Water

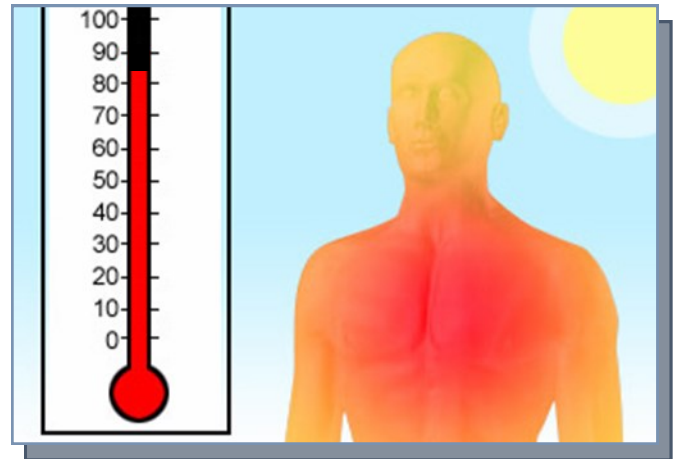
Provide enough fresh water so that each employee can drink at least 1 quart per hour, and **encourage** them to do so.

3. Shade

Provide access to shade for at least 5 minutes of rest when an employee believes he or she needs a preventive recovery period. **They should not wait until they feel sick to do this.**

4. Planning

Develop and implement written procedures for complying with the Heat Illness Prevention Standard.



Best Practices

Water

It is essential to keep water nearby for employees instead of drinks with caffeine and sugar, as these can dehydrate a person even more. Add ice to the water and increase the number of water breaks.

Rest Breaks

Provide rest breaks in a shady, comfortable, safe place.

Buddy System

Utilize a “buddy system” so workers and supervisors can monitor each other when out in the field.



More Best Practices :

Go beyond the basics

The Heat Illness Prevention Standard provides a solid foundation for employers to follow in protecting outdoor workers from heat-related illnesses and fatalities. But with the record temperatures expected for the months ahead, Cal/OSHA encourages employers to go beyond the basics in worker safety and take the initiative to provide a healthier work environment.

In addition to regulatory requirements, implement the following best practices for a safer workplace.

Check the Weather

Develop a habit of checking the heat index; by anticipating heat waves you can be prepared.

www.nws.noaa.gov/om/heat/index.shtml

Tailgate Trainings

Consider conducting weekly or daily tailgate trainings on heat illness throughout the summer.

Illness & Injury Prevention Programs

Employers are strongly encouraged to integrate heat illness prevention procedures into your Injury and Illness Prevention Programs. Reference the County of Riverside Safety Operations Manual Policy 2014 for more information on developing your Heat Illness Program.

