

## N E W S   R E L E A S E

News Release No.: 2018-30

Date: April 13, 2018

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

**Fresno**—Temperatures at outdoor worksites across California continue to elevate as the weather warms up. Cal/OSHA today participated in a news conference, reminding employers to plan for and prevent heat illness in order to protect outdoor workers from heat-related illness and death.

An essential component of Cal/OSHA's heat illness prevention model includes annual trainings statewide in both [English](#) and [Spanish](#). Today, Nisei Farmers League and nine other agricultural employers co-sponsored training sessions in Easton in both languages. This co-sponsored training has been held every year since 2008 to highlight the need to protect outdoor workers from heat illness and the requirements under California's heat illness prevention standard.

"It is never too early for employers with outdoor workers to review their heat illness prevention procedures and ensure their training is effective," said Cal/OSHA Chief Juliann Sum. "Cal/OSHA continues its outreach and training efforts, as well as enforcement at outdoor worksites, to ensure compliance with the standard."

Heat illness is a serious hazard for people who work outdoors. Cal/OSHA's prevention approach includes targeted enforcement inspections at outdoor worksites in industries such as agriculture, landscaping and construction during the 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 upon request or when temperatures exceed 80 degrees Fahrenheit.*
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 heat-related violation that Cal/OSHA cites during enforcement inspections is for failure to have an effective written heat illness prevention plan specific to the worksite. Serious heat-related 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 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 Frank Polizzi 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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