

Workplace Safety eNews

Safety Alert – Heat Illness Prevention



- WATER
- REST
- SHADE
- Be Prepared

As we approach the summer months all employers must be prepared to implement a Heat Illness Prevention Plan for all employees who work outdoors in temperatures over 80° F for extended periods of time. All California employers must provide water, rest breaks, shaded areas and train workers how to recognize the warning signs of heat exhaustion or heat stroke so they know how to respond in the event of a medical emergency. It is the responsibility of the local work supervisor how to implement an effective Heat Illness Prevention program which meets CALOSHA requirements. The resources provided can help you in the implementation of this prevention plan for your organization.

Special attention and training should be provided for office, youth camp or school employees who spend the majority of their time outdoors working on maintenance, landscaping or supervising youth activities. Key training elements include: All employees know the signs of the two types of Heat Illness, making sure the employer has provided adequate fresh water for employees to drink 8 oz every 15 minutes when working outdoors, adequate shade areas and rest breaks and finally, all employees know how to communicate and alert their work supervisor in the event of a heat-related medical emergency and appropriate first aid procedures. You will find a Heat Safety poster which should be posted on the employee bulletin board and the safety handout **WATER-REST-SHADE** which should be distributed to all employees who work outdoors. The Pacific Union California Workers' Compensation Plan appreciates your efforts to make Heat Safety a priority during these summer months.