

# HEAT ILLNESS PREVENTION



**OSHA SAFETY MANUAL**

# Applies to “outdoor places of employment.”

- Agriculture
- Construction
- Landscaping
- Oil and gas extraction
- Transportation or delivery of materials except where vehicle is air-conditioned and employees are not required to load/unload

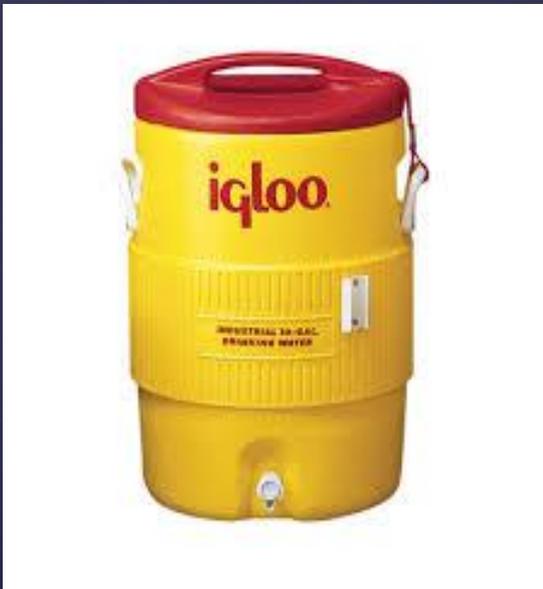
Employers shall establish, implement, and maintain an effective Heat Illness Prevention Plan; the HIPP must be:

- in writing, and
- available at the worksite

The HIPP must be in English and in the language understood by the majority of employees

# PROVISION OF WATER

- At least one quart per employee, per hour



- Fresh and pure
- Suitably cool (cooler than the outside temperature, but not so cool as to cause discomfort)
- As close as practicable to the areas where employees are working

# ACCESS TO SHADE



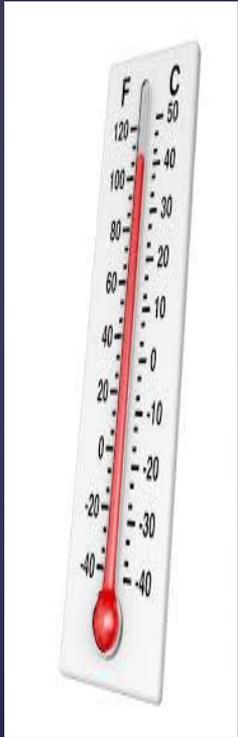
- Shade must be present when temperature **exceeds 80 degrees**
- Enough shade to accommodate all employees on rest, recovery, and **meal breaks**
- As close as practicable to the areas where employees are working
- Alternative measures may be taken which are at least as effective as shade (such as misting machines) – but not in the agricultural industry

# ACCESS TO SHADE

- Employees shall be encouraged to take **preventative cool-down rest breaks** in shade when they feel the need to do so, and **encouraged to remain until symptoms have abated** (no less than 5 minutes)
- **Employer shall closely monitor employees taking preventative rest breaks**
- **If an employee exhibits signs or reports symptoms of heat illness, the employer shall implement emergency response procedures**

# HIGH-HEAT PROCEDURES

(when temperature reaches 95 degrees)



- Effective communication with supervisors by voice, observation, or mobile phone
- Observation of employees by one or more of the following methods:
  - Direct supervision of 20 or fewer employees
  - Mandatory buddy system
  - Regular communication with sole employee
  - Other effective means

# HIGH-HEAT PROCEDURES

- Designate authorized employees at each site to contact emergency medical services
- Remind employees to drink plenty of water throughout the shift
- Pre-shift meetings to:
  - Review high heat procedures
  - Remind employees to drink plenty of water
  - Take cool-down rest breaks whenever necessary
- Additional requirements for employees in Agriculture (10 minute break every two hours, etc.)

# EMERGENCY RESPONSE PROCEDURES

- Supervisor's response to signs and symptoms of heat illness, including first aid measures and summoning emergency medical services
- Immediate action by supervisor based on level of heat illness
- Contacting emergency medical services and providing clear and precise directions



# ACCLIMITIZATION

- Close supervision of employees during “heat wave” – “Heat Wave” means:
  - Predicted temperature above 80°F, and
  - 10°F hotter than average high temperature of preceding 5 days
- In “high heat areas,” close observation of employees during first 14 days of employment



# TRAINING

(regarding EVERYTHING)



- Training must be provided to address “the employer’s procedures for complying with this standard.
- Including right of employees to exercise their rights without retaliation

# MANDATORY WRITTEN PROCEDURES

- Every HIPP shall include the following written procedures:
  - Provision of water
  - Access to shade
  - Emergency Response Procedures
  - Acclimatization
  - High-Heat Procedure

