



Heat Illness Prevention Fact Sheet

Department of
Risk Management

Heat Illness Plan

This training establishes procedures for preventing employee illnesses from exposure to heat while working outdoors. Based on **Cal/OSHA, Title 8 Section 3395**. The standard is applicable when the current outdoor temperature is 80 degrees Fahrenheit or higher and shall apply at all outdoor places of employment. The plan shall be in writing and available at the worksite.

Health Effects

Exposure to heat in warm or hot weather can be dangerous for employees working outdoors. Heat Illness is a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope and heat stroke. Employees must recognize symptoms of heat illness, such as, but not limited to **dizziness, headache, sweaty skin, fast heart beat, nausea, vomiting weakness or cramps**. More serious health effects include **red, hot, dry skin, high temperature, confusion, fainting, convulsions or even death**.

Medical Treatment

CEHW can provide medical treatment to employees who become ill or injured due to heat illness during work. Follow department procedures to obtain prompt medical treatment, and/or implement emergency response procedures when necessary.

Monitor Weather



Prior to each workday have a designated person check the weather forecast in the area of work activities. The weather can be monitored by using local radio and television stations, websites, and electronic or other devices.

Locate Temperature for your area at:

Internet websites: National Weather Service [National Weather Service](#) or [The Weather Channel National and Local Weather Radar, Daily Forecast, Hurricane and information from The Weather Channel and weather.com](#)

If internet access is unavailable, contact your supervisor for the current Temperature in your work area.

Preventive Measures

If employees may be exposed to outdoor temperatures of 80 degrees Fahrenheit or higher, the following applies **a) heat illness training such as this fact sheet, b) acclimatization, c) provision of water, d) access to shade, e) preventive cool-down rest periods, f) high-heat procedures, g) emergency response procedures**. Consult with your supervisor for questions about additional safety measures.

Communication



Supervisors must establish a means to communicate temperature to employees. Employees may be alerted in-person, via text, email, website, radio, or other effective means. Employees need to be aware of temperature changes and **Immediately notify your supervisor** if you're suffering symptoms.

Employee Training

- Environmental and personal risk factors. **(See Appendix A)**
- Preventive measures mandated by this program
- The various types, signs, and symptoms of heat illness and the proper response **(See Appendix B)**
- Importance of frequent small water consumption (up to four cups per hour; **See Appendix C)**
- Importance of acclimatization (14 days of regular work, at least two hours per day)
- Importance of immediately reporting signs or symptoms of heat illness in yourself and others
- How and when to notify emergency medical services
- Shade available on site, Shade, MUST BE UP and ready to use when temperature is 80°F or more.
- How Personal Protective Equipment (PPE) can effect heat load
- How to read and understand the heat index
- Preventive cool-down rest

Stay Cool



Know the Symptoms

- **Heat Stroke**
- **Heat Exhaustion**
- **Heat Cramps**
- **Sunburn**
- **Heat Rash**

BEAT THE HEAT

Supervisor Training

- Procedures for implementing program
- Procedures when an employee exhibits signs or symptoms of heat illness
- Emergency response procedures
- Communication methods for employees working in the field
- Method to monitor weather and communicate temperatures to employees
- Pre-shift meetings

High-Heat Procedures



The department shall implement high heat procedures when the temperature equals or exceeds 95°F.

(See Appendix D)

Emergency Notification

- **ALL** employees must be trained to recognize the signs and symptoms of heat illness and must be allowed to call for EMS when necessary.
- **If an employee experiences a serious health issue related to heat illness exposure, immediately contact EMS**