

Contra Costa County
RM / Loss Control Unit
Notes: Cal-OSHA Heat Illness Prevention Training
June 2, 2010

WATER

- Amount: 2 gallons / shift / person available. Frequent refilling when available water container is half empty.
- Reasonably cool: Not required to be iced, but should be cool when run over the back of the hand
- Reminders: Tell employees to hydrate frequently - foreman or crew leader should lead by example.
- Sources: Include bottled water (need sharpie pen to label individual bottles), igloos filled with cool tap water, central water facilities where employees can refill their own thermoses (if employees working alone in the field.)
- Sanitation: All igloos and individual thermoses must be clean and sanitary. Workers should be reminded to clean their own thermoses, where provided. Cups cannot be shared. Disposable cups are acceptable.
- Provisions: Water must be provided at NO COST to employees.

SHADE

- Location: As close as practicable, not farther than 1/4 mile, and should be less than 2.5 minutes away. Must explain further locations.
- Special Instances: Road crews may be special circumstance, and shade should be moved or re-established along the crews' routes.
- Access: Employees must be provided shade upon request. Shade breaks must last for at least 5 minutes. Shade breaks must be provided whenever requested, and should be enforced when employees are not acclimated to the weather
- Space: Should be large enough for 25% of your crew to sit.
- Sanitation: Crews cannot sit directly on the ground. Blankets, chairs, or another surface to prevent direct ground contact. No cover needed for grass.
- Type: Shade includes natural shade, beneath structures, and air-conditioned vehicle. The shade area must be cooler than when standing under direct sunlight. (ex. metal shed will not be considered shaded area.
- Alternatives: Includes cooling vests, misters, etc. but must be proven to be "as effective" as shade.

MONITORING

- Alternatives: Includes cooling vests, misters, etc. but must be proven to be "as effective" as shade.
- Forecast: Temperature forecasts are required to be monitored: <http://www.nws.noaa.gov>. 3 day forecast or less.
- Thermometer: Temperature should be monitored throughout the day. Shade up requirement is at 85 degrees. High heat provisions should be followed at or above 90 degrees. Dry bulb, and should be monitored using several devices at several locations
- Planning: Use temperature monitoring to plan/alter work activities as needed to prevent heat illness

WRITTEN PROGRAM:

- Training: Train employees and supervisors. Training must be specific to the conditions fo the job site encountered. Daily briefs on heat illness are encouraged. For employees working alone in the field, they must receive full training, and are expected to independently follow the heat illness prevention procedures in your plan, and should self-report and call for emergency aid if needed.
- Emergency Response: Review signs / symptoms, and emergency procedures to follow in case an employee has heat stress. If employees are working in a remote location, foremen or crew leaders should have a map (to describe location), means to call emergency responders, and plans to meet emergency crews or drive to the nearest medical facility. This emergency plan should be prepared / available before each day's activities.
- Supervisors: Supervisors will have the bulk of following regulation requirements.
- High Heat procedures: Above 95 degrees, employers are expected to have high heat procedures including communication, observing employees for alertness, more frequent water reminders, and close supervision of all workers for heat stress symptoms.
- Records: Keep records of all procedures. Maintain documentation of all training, tailgates, crew briefings, emergency plans, and job planning related to heat illness prevention.

OSHA CITATIONS:

- Sweeps: Sweeps will occur this year, in force. Inspectors will be working after hours, on weekends, and on furlough days.
- Job site closures: Crews with no water, shade, or procedures working on days recorded at 90 degrees or higher will be shut down. These will be considered imminent hazard citations, and will shut down **all** outdoor jobs for the agency cited. Re-opening of outdoor job sites will only be allowed after a meeting is held with the District manager, and corrective actions are followed.