



Purpose

The purpose of this guide is to reinforce the training on Heat Illness Prevention and provide its users with information that is necessary to reduce heat-related injuries in the field. This program is required by section 3203.

According to Cal/OSHA section 3203, all employees are entitled to the following items and should be always available:

- Water
- Shade
- Rest
- Access to First Aide

Water- Employees shall have access to potable drinking water meeting the requirements of Sections 1524, 3363, and 3457, as applicable, including but not limited to the requirements that it be fresh, pure, suitably cool, and provided to employees free of charge. It is the crew leader/Supervisor's responsibility to encourage frontline staff to drink plenty of water four cups of water/HR during the shift.

Shade- means blockage of direct sunlight. One indicator that blockage is sufficient is when objects do not cast a shadow in the area of blocked sunlight. Shade is not adequate when heat in the area of shade defeats the purpose of shade, which is to allow the body to cool. Shade anywhere people can take shelter from the sun (tree, canopy, indoors), recovery area.

Rest- A cool-down period where the frontline staff are in the shade for 5 minutes/hour.

Access to First Aid- There should be a first aid kit in all work trucks and at least one person First Aid certified.

when the temperature exceeds 80 degrees Fahrenheit.	<ul style="list-style-type: none">• Shade should be provided to cover all employees in the recovery area.• Employees shall be allowed and encouraged to take a preventative cool-down rest (5 minutes/hour• Employee must drink 3-4 cups of water
When temperatures reach 95 degrees or above	<ul style="list-style-type: none">• Designate two-man teams to monitor each other for symptoms of heat illness.• Increase shade or cool-down time to 10 minutes/hour.• Maintain regular communication by Radio or cell phone.

If you believe someone is showing the following signs or symptoms call 911

- Weakness or fatigue Muscle cramps
- Heavy Sweating
- Dizziness or confusion
- Clammy, moist skin
- Slightly elevated body Temperature
- Fast and shallow Breathing

Heat Exhaustion is considered a Medical Emergency.