

CALIFORNIA WORKPLACE SAFETY MANUAL

(B) The procedures the supervisor is to follow to implement the applicable provisions in this section.

(C) The procedures the supervisor is to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures.

(3) The employer's procedures required by subsections (e)(1)(B), (G), (H), and (I) shall be in writing and shall be made available to employees and to representatives of the Division upon request.

Heat Illness Prevention Sample Training

About this training

To prevent heat illness, California employers are expected to take the necessary steps to protect their employees. This includes training them on the different types of heat disorders, common signs and symptoms, prevention measures, first-aid measures, and emergency response. The Heat Illness Prevention Sample Training is designed to help you in training your employees in these areas.

Although California's heat illness prevention regulation 3395 only applies to outdoor places of employment, Cal/OSHA can cite employers under the California Occupational Safety and Health Act of 1973, which requires employers to provide safe and healthful working conditions.

Introduction

Let's imagine for a moment, that it's 90° today and the temperature is predicted to reach over 100° by mid-afternoon. The heat feels intense and as you work to complete the job assignments you find that your body is sweating excessively. A short time later, you begin to feel lightheaded and a little nauseated.

Although you've consumed some water throughout the day, you did not take time to rest and your fluid intake was nowhere near what it needed to be to keep your body hydrated. You decide to ignore these bodily signs because you have plans after work and need to finish the job as quickly as possible. Within an hour you begin to vomit from the heat and your body has stopped sweating. Your skin is red, hot, and dry to the touch, and you begin to lose consciousness. Without knowing it, your body has just progressed through the stages of heat illness and is at the point of a heat stroke, which is a life-threatening situation.

According to the National Weather Service, about 175 Americans die from overexposure to summer heat each year. Your best defense against heat-related illnesses is prevention. I am going to discuss ways to prevent heat stress on the job and teach you how to recognize the symptoms of heat-related conditions. I will also talk about our company's procedures in handling heat stress and the steps you must take when contacting emergency medical services.