



## Heat Illness Prevention

Cal-OSHA requires California employers to take these four steps to prevent heat illness:



**WATER.  
REST.  
SHADE.**

*The work can't get done without them.*

1. **Training:** Train all employees and supervisors about heat illness prevention.
2. **Water:** Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8 ounce glasses of water per hour, and *encourage them to do so!*
3. **Shade:** Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes as needed. **They should not wait until they feel sick to cool down.**
4. **Planning:** Develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard.

YCPARMIA's website ([www.ycparmia.org](http://www.ycparmia.org)) contains a sample Heat Illness Prevention Plan safety policy which our members may use, along with several heat stress related videos!

### CHECK THIS OUT ↓

Free Downloadable Heat Illness Prevention Pocket Guide (available in both English and Spanish):

[https://www.dir.ca.gov/dosh/dosh\\_publications/HeatIllnessEmployeeEngSpan.pdf](https://www.dir.ca.gov/dosh/dosh_publications/HeatIllnessEmployeeEngSpan.pdf)

## High Heat + High Humidity + Physical Work = Heat Illness

Now that summer's here, Cal-OSHA reminds workers to remember this formula and beware of heat illness. Serious heat illness occurs when the body is unable to cool itself through sweating. The most severe heat-induced illnesses are heat exhaustion and heatstroke. If left untreated, heatstroke can be fatal.

### What are the Symptoms?

- Headaches
- Dizziness or lightheadedness
- Weakness
- Mood changes such as irritability, confusion, or the inability to think clearly
- Upset stomach or vomiting
- Decreased or dark-colored urine
- Fainting or passing out
- Pale, clammy skin

If a co-worker is experiencing these symptoms, you should act immediately. Move the person to a cool, shaded area to rest and don't leave them alone. If symptoms include dizziness, lay him or her down and raise the legs up 6 to 8 inches. If symptoms include nausea or upset stomach, then lay him or her on their side. Heavy clothing should be loosened, or if possible, removed. Unless they are nauseated, have them drink a cup of cool water every 15 minutes. Cool their body temperature by fanning and spraying with a cool mist of water or applying a wet cloth to their skin. Call 911 if the person does not feel better after 20 minutes.

## Safety Training

YCPARMIA offers a wide variety of instructor-led trainings for our members.

Tom McGuire is YCPARMIA's Loss Prevention Analyst and a Certified Safety Professional. Tom can answer your questions on workplace health and safety, Cal-OSHA regulation concerns, and perform ergonomic evaluations. He is also qualified to teach First Aid & CPR and other safety trainings.



Other than CPR trainings, all classes are scheduled as needed and are generally provided at your worksite. If you'd like to schedule a class, please contact Rebecca at [rdonoho@ycparmia.org](mailto:rdonoho@ycparmia.org).

Here are a few of the courses we offer; additional topics may be added to meet your needs.

### Training By Request:

- Arc Flash Awareness (NFPA 70E)
- Aerial Lift (Bucket Trucks)
- Back Safety
- Bloodborne Pathogens
- CA Government Code Compliance
- Confined Space Entry
- Contract Risk Transfer
- Electrical Safety
- Ergonomics
- Fire Prevention
- Fire Extinguisher Use
- Forklift Driver Certification
- HazMat First Responder
- Hearing Conservation
- Heat Illness Prevention
- Liability Principles
- Personal Protective Equipment
- Poison Oak
- Respiratory Protection
- Sexual Harassment Training (satisfies AB1825)
- Scissor Lifts
- Workplace Violence