

FOR CONTRACTORS

HEAT ILLNESS PREVENTION

Provide Training, Water, Shade and Rest.

Have a written plan on how you're going to provide those things, and what to do if someone shows signs of heat illness.

What To Do

1. Notify your employees of heat illness prevention practices;
2. Provide the required Water, Shade and Rest to prevent heat illness; and
3. Develop a written PLAN for preventing & treating heat illness.

Docs for Compliance

1. Cal/OSHA's pamphlet on Preventing Heat Illness for your employees in English and Spanish (Print & Distribute to Employees).
2. Cal/OSHA's Heat Illness Prevention Standard which defines Water, Shade, Rest.
3. Sample Cal/OSHA Heat Illness Prevention Program (HIPP). This is a "Fillable" sample HIPP form (starting on page 3 of the form).

Water. Shade. Rest.

Training

Train all employees and supervisors about heat illness prevention. One piece of training is Cal/OSHA's pamphlet on Preventing Heat Illness for your employees in English and Spanish.

Water

Provide enough fresh water so that each employee can drink at least **1 quart per hour = one 8-oz. glass of water every 15 minutes**. And encourage them to do so.

Shade and Rest

Provide access to shade and encourage employees to take a **cool-down rest in the shade for at least 5 minutes**. Employees should not wait until they feel sick to cool down. **Shade structures must be in place upon request or when temperatures exceed 80 degrees.**

Written Procedures

HEAT ILLNESS PREVENTION STANDARD

The Heat Illness Prevention Standard defines requirements for water, shade and emergency procedures. Subsections c, d, e, f and g particularly apply.

HEAT ILLNESS PREVENTION PROGRAM - HIPP

The employer is required to develop and implement a written plan and procedures for preventing and treating heat illness – including how to handle medical emergencies and steps to take if someone shows signs or symptoms of heat illness – based on the Cal/OSHA Heat Illness Prevention Standard. The plan must be in English and in the language understood by the majority of the employees. It must be made available at the work site to employees and to representatives of OSHA upon request.

The HIPP must contain the following from the Heat Illness Prevention Standard:

1. **Procedures for the provision of water and access to shade:** subsections (c) and (d)
2. **High Heat Procedures:** subsection (e)
3. **Emergency Response Procedures:** subsection (f)
4. **Acclimatization Methods and Procedures:** subsection (g)