

N E W S R E L E A S E

News Release No.: 2017-38

Date: May 19, 2017

Cal/OSHA Urges Employers to Prepare For Sizzling Temperatures

Oakland—As Northern California braces for triple digit temperatures, Cal/OSHA urges all employers to revisit their Injury and Illness Prevention Programs and their emergency response procedures to make sure they are thoroughly prepared for high heat. Sacramento's [National Weather Service](#) is forecasting temperatures in the 90s today and through the weekend. Early next week temperatures will reach triple digits in much of Northern California, from south of Stockton up to Redding.

“During heat waves and whenever temperatures reach or exceed 95 degrees, employers must take additional steps to monitor workers for signs and symptoms of heat illness,” said Cal/OSHA Chief Juliann Sum. “Water, rest and shade can protect workers from the heat.”

California's outdoor workplace [Heat Illness Prevention regulations](#) require employers to take four steps to prevent heat illness:

- Training – Train all employees and supervisors on heat illness prevention.
- Water – Provide enough fresh water so that each worker can drink at least 1 quart per hour, and *encourage workers to do so*.
- Shade – Provide shaded areas upon request or when temperatures exceed 80 degree, and encourage any worker to take a cool-down rest in the shade for at least 5 minutes to protect against overheating. *Workers should not wait until they feel sick to cool down.*
- Planning – Develop and implement effective written emergency response procedures for complying with Cal/OSHA's [Heat Illness Prevention Standard](#).

Cal/OSHA will inspect outdoor worksites of industries such as agriculture, construction, and landscaping throughout the heat season. Cal/OSHA's Heat Illness Prevention program, the first of its kind in the nation, includes enforcement of heat regulations as well as multilingual outreach and training for California's employers and workers.

Information on heat illness prevention requirements and training materials is posted on Cal/OSHA's [Heat Illness Prevention web page](#) and on the “[Water. Rest. Shade. The work can't get done without them](#)” educational campaign website. A [Heat Illness Prevention e-tool](#) is also available on Cal/OSHA's website.

Cal/OSHA helps protect workers from safety and health hazards on the job in almost every workplace in California. [Cal/OSHA's Consultation Services Branch](#) provides free and voluntary assistance to employers to improve their safety and health programs. Employers should call (800) 963-9424 for assistance from Cal/OSHA Consultation Services.

Employees with work-related questions or complaints may contact DIR's Call Center in English or Spanish at 844-LABOR-DIR (844-522-6734). The California Workers' Information line at 866-924-9757 provides recorded information in English and Spanish on a variety of work-related topics. Complaints can also be filed confidentially with [Cal/OSHA district offices](#).

Members of the press may contact Peter Melton or Paola Laverde at (510) 286-1161, and are encouraged to [subscribe to get email alerts](#) on DIR's press releases or other departmental updates.

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