



CAL OSHA:Published On: 04/13/2015

## **Cal/OSHA amends heat safety regulations**

The California Department of Industrial Relations, in conjunction with Cal/OSHA, announced amendments to the state's current heat illness prevention regulation. The Occupational Safety and Health Standards Board's proposed amendments to the California Code of Regulations, Title 8 §3395, were approved by the Office of Administrative Law on April 3. The changes become effective May 1, 2015.

A guidance document for employers and employees on these new requirements, as well as an updated Heat Illness Prevention Enforcement Q&A section are now available on Cal/OSHA's website.

The revisions in the heat illness prevention regulation include the following:

- Water must be pure, suitably cool, and provided free to workers. It must be located as close as practicable to where employees are working so they can hydrate frequently during their shift.
- When temperatures exceed 80 degrees Fahrenheit, shade is required for all workers on break, and for all those who take their meal periods onsite. For climates cooler than 80 degrees, shade must still be made available upon request.



- Workers who take cool-down rest breaks must be monitored and asked if they are experiencing heat illness symptoms.
- High-heat procedures have been modified for the agriculture industry to mandate one 10-minute preventative cool-down rest break every two hours when temperatures equal or exceed 95 degrees Fahrenheit.
- Employers must ensure that supervisors and workers are adequately trained to recognize and react to heat illness signs or symptoms and how to contact emergency medical services (EMS).
- Any workers who display or report any signs or symptoms of heat illness, must not be left alone or sent home without being offered on-site first aid or emergency medical services.
- All workers must be closely observed during a heat wave.
- Any worker newly assigned to a high-heat area must be observed by a supervisor or designee during the first 14 days of employment.
- Training must be provided for all outdoor workers before starting any work involving heat illness risk. The training must be presented in a language that employees understand, and must be documented.

With unusually high temperatures predicted for summer 2015, Cal/OSHA urged employers with outdoor workers to prepare for high heat now. Preparation is essential to prevent heat illness which can include headaches, fatigue, excessive sweating, and muscle cramps in the early stages, and can rapidly progress to mental confusion, vomiting, fainting, seizures, and death.

## **About Our Safety Services**

The primary objective of **Creation World Safety** services is to provide our clients with the highest quality of service while exceeding all safety and quality expectations. The management at Creation World Safety strives to meet the following stringent safety expectations:

- **Eliminate all jobsite accidents and incidents**
- **Promote a risk free environment for our employees and clients**
- **Maintain the highest safety standards attainable**
- **Eliminate any possible risks to our employees and our clients**



- **Motivate employees to raise their safety awareness and morale**
- **Participation in further development of our Clients Safety Program**

At Creation World Safety we endeavor to provide our clients with the following attributes:

- **Provide cost effective solutions**
- **Provide a trained, knowledgeable workforce and supervisory staff**
- **Provide safe and productive supervisors**
- **Provide supervisors that positively emphasize safe work practices**

Safety Services' equipment, procedures and training are essential to our goal of Eliminating any possible risks to our employees and our clients. In summary, Creation World Safety commitment to safety is a total effort of training, attitude, awareness, rank and file, and involvement. At Creation World Safety the safety and health of employees is given the highest priority. The success of our Safety Program is dependent upon our clients' commitment to maintain a safe work environment. We encourage our clients' involvement and participation in all aspects of our quest to maintain the highest safety standards attainable.

Creation World Safety is giving 25% off our training classes to all ABC Members. In addition, Heat Illness, Hazcom and GHS (Globally harmonized Systems) training will be 30% off. Please take a look at our website and call Kevin Jr for any questions.

**[www.creationsafety.com](http://www.creationsafety.com)**