

# MONTHLY SAFETY BLAST

## HEAT ILLNESS PREVENTION PLAN



Although, it may not feel uncomfortably hot outside yet, it is not too early to design and initiate your Heat Illness Prevention Plan. Each agricultural operation needs a well-communicated plan to protect workers from heat-related illnesses including heat exhaustion and fatal heat stroke.

### **At a minimum, your Heat Illness Prevention Plan should include the following:**

Training for Supervisors and Employees– Supervisors/managers should be trained every spring. Employees should be trained and reminded more frequently. In some cases, employees should be briefed daily depending on workforce turnover. Training should include guidance on the following:

- Acclimation-temporary adaptation of the body to work in the heat
- Adequate water intake– CalOSHA requires 1 quart per hour per employee
- Rest breaks
- Shade-CalOSHA requires shaded rest areas when the temperature exceeds 85°F
- Clothing-loose fitting, light colored clothing is ideal
- Symptoms of heat-related illness-see link in the Resources box
- Personal factors that contribute to heat-related illness-caffeine & alcohol consumption, medication & drug use, certain health conditions, pregnancy

Emergency Response Plan– All supervisors, managers, and workers should know who to contact in the event of an emergency and how to perform supportive care.

- Procedure for monitoring weather reports and advisories
- Symptom and weather-related action levels
- Clear and precise directions to the worksite
- Meeting location for emergency personnel

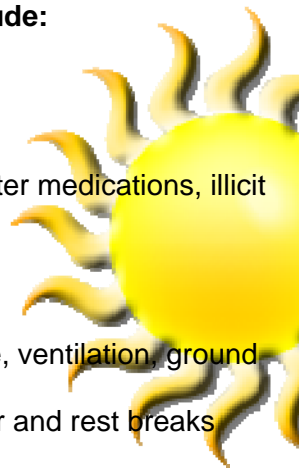
### **Additional prevention measures could include:**

#### Medical Surveillance

- Work and medical history
- Physical exam
- Use of prescriptions, over-the-counter medications, illicit drugs and/or alcohol
- Physician's written opinion

#### Job Specific Controls

- Engineering controls-erected shade, ventilation, ground cover
- Administrative controls-forced water and rest breaks
- Work rotations
- Job scheduling- avoiding work in the heat of the day
- Mandatory acclimation
- Cooling clothing



#### **Resources:**

California Heat Regulations  
<http://www.dir.ca.gov/title8/3395.html>

OSHA Resources for Heat  
<http://www.osha.gov/SLTC/heatillness/edresources.html>

Heat Illness Symptoms  
<http://firstaid.webmd.com/tc/heat-related-illnesses-topic-overview>

Heat Illness Prevention Plan Template  
[www.co.fresno.ca.us/ViewDocument.aspx?id=36251](http://www.co.fresno.ca.us/ViewDocument.aspx?id=36251)

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