

Cal/OSHA's Heat Illness Prevention Regulation (CCR Title 8, §3395) requires supervisors to take steps to protect employees from heat illness when they are working outside or in warm environments. Use the checklist below to make certain your employees are safe when working in the heat!

CHECKLIST

1. Water Availability*

- ☐ Plenty of fresh, pure, and suitably cool water is located as close as is practical to where the employees are working.
- ☐ A plan is in place to replenish water throughout the day.

2. Shade and Rest*

- ☐ A shade structure is always available for employees to rest and cool down (regardless of the temperature).
- ☐ The weather forecast is known in advance and current weather is monitored.

3. Safety Training*

- ☐ Employees are trained to recognize and prevent heat illness BEFORE they start working.
- ☐ Employees can identify symptoms of heat illness.
- ☐ A plan is in place to acclimate new employees.

4. Emergency Plan

- ☐ Employees know how to contact DPS.
- ☐ Employees can provide their location if they need to call DPS.
- ☐ Employees are trained to look out for each other.

5. Reminders - The employees are instructed to:*

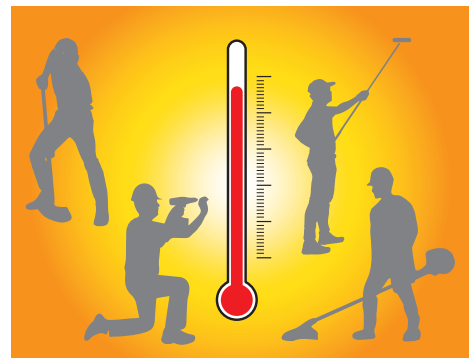
- ☐ Drink water frequently (at least every 15 minutes).
- ☐ Rest in the cool shade during breaks and as needed.

THE SUPERVISOR MUST:

- Ensure the availability of fresh, cool water and cool shaded areas.
- Train your employees on Heat Illness Prevention.
- Develop/promote an emergency plan.
- Contact EH&S at (323) 442-2200 if you have any questions/concerns.
- For all emergencies: Contact DPS (213) 740-4321; local emergency service provider; or 911.

* ADDITIONALLY, WHEN THE TEMPERATURE REACHES OR EXCEEDS 95°F, THE SUPERVISOR MUST:

- Provide additional Water, Rest, and Shade.
- Remind employees about heat illness prevention measures.
- Postpone non-essential activities.
- Monitor employees more frequently.
- Use the "buddy system" and pair up employees.



ADDITIONAL INFORMATION

Heat Safety - Supervisor's Daily Checklist PDF: [English](#) [Spanish](#)

[Cal-OSHA Heat Illness Prevention](#)