



Statewide Heat Advisory

The [US Weather Service](#) has posted a high heat advisory through October 3. If the heat continues the advisory may be extended. Temperatures will be +/- 100F degrees. To protect yourself and your employees, make sure you have your **Heat Illness Prevention Plan** in place.

Below are some basic precautions required by Cal/OSHA:

1. Train all employees and supervisors on heat illness prevention.
2. Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8-ounce glasses of water per hour, and encourage them to do so. During the current COVID-19 environment Cal/OSHA "discourages the sharing of food and water. Provide single use bottles rather than using shared water stations or dispensers."
3. Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. They should not wait until they feel sick to cool down. Shade structures must be in place upon request or when temperatures exceed 80 degrees Fahrenheit.
4. Closely observe all employees during a heat wave and any employee newly assigned to a high heat area. Lighter work, frequent breaks or shorter hours will help employees who have not been working in high temperatures adapt to the new conditions.
5. Develop and implement written procedures for complying with the Cal/OSHA heat illness prevention standard, including plans on how to handle medical emergencies and steps to take if someone shows signs or symptoms of heat illness

When temperatures reach or exceed 95 F degrees, employers must invoke the high heat procedures outlined on the [Cal/OSHA website](#).

To help prevent the spread of COVID-19, employers must provide cloth face coverings or allow workers to use their own. When used properly, cloth face coverings may help prevent the spread of the disease. Employers should be aware that wearing face coverings can make it more difficult to breathe and harder for a worker to cool off, so additional breaks may be needed to prevent overheating. Workers should have face coverings at all times, but they should be removed in outdoor high heat conditions to help prevent overheating as long as physical distancing can be maintained.

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