

Heat Illness Prevention



California employers are required to take these four steps to prevent heat illness:

1. Training

Train all employees and supervisors about heat illness prevention.

2. Water

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*.

3. Shade

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.*

4. Planning

Develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard.



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Water. Rest. Shade.