

July- 2023



TITLE 8 Section 3396: INDOOR HEAT ILLNESS

Prevent Heat Illness at Work

Outdoor and indoor heat exposure can be dangerous.



Following delays due to the COVID-19 pandemic, the California Division of Occupational Safety and Health (Cal/OSHA) has finally revisited its indoor heat illness prevention standard (the Standard).

The Standard applies to all indoor work areas where the temperature equals or exceeds 82° Fahrenheit when employees are present. "Indoor" refers to a space that is under a ceiling or overhead covering that restricts airflow and is enclosed along its entire perimeter by walls, doors, windows, dividers, or other physical barriers that restrict airflow, whether open or closed.

The Standard also applies to indoor work areas when:

- The temperature equals or exceeds 87 degrees Fahrenheit when employees are present.
- The heat index equals or exceeds 87 degrees Fahrenheit when employees are present.
- Employees wear clothing that restricts heat removal, and the temperature equals or exceeds 82 degrees Fahrenheit.
- Employees work in a high radiant heat area, and the temperature equals or exceeds 82 degrees Fahrenheit.

Significantly, the Standard **does not** apply to places of employment where employees telework from a location of their choice.

Requirements Under the Indoor Heat Illness Prevention Standard

- 1) Employees must have access to potable drinking water—fresh, pure, suitably cool water provided free of charge. The water must be located as close as practicable to the areas where employees are working and in indoor "cool-down areas."
- 2) Employees must have access to "cool-down areas." A "cool-down area" is defined as an indoor or outdoor area that is blocked from direct sunlight, shielded from other high radiant heat sources, and either open to the air or provided with ventilation or cooling.
- 3) Employers must use control measures to minimize the risk of heat illness. This includes engineering controls such as air conditioning; administrative controls such as rotating employees, scheduling work earlier or later in the day, or changing required work clothing; and personal heat-protective equipment such as water-cooled garments, cooling vests, or heat-reflecting clothing.
- 4) Employers must implement effective emergency response procedures.
- 5) Employers must closely observe employees during acclimatization. Specifically, all employees must be closely observed during a heat wave if no engineering controls are utilized. Further, any new hire must be closely observed for the first 14 days of employment during a heat wave.
- 6) Employers must provide effective training to all employees regarding exposure to heat illness.
- 7) Employers can integrate the measures into an existing injury and illness prevention program, an existing heat illness prevention plan, or create a separate policy.

10 TIPS TO BEAT THE HEAT

INDOORS

Heat illness is preventable! Staying cool indoors is a must when trying to work at your best effort. Follow these tips to stay cool inside the workplace.

ACCLIMATIZE
Get used to the heat
before it gets you!



EMERGENCY PLAN
Have procedure ready
before emergencies happen

WATCH HEAT
Monitor the
environment for 85°



WRITE IT DOWN
Have written steps in
place and add to IIPP

DRINK UP!
Be sure to drink a quart
of cool water per hour



TRAIN MANAGERS
Have supervisors trained
and ready to act on plan

PLAN FOR REST
Use WBGT and
workload calculations



TRAIN EVERYONE
Help all employees
recognize warning signs

COOL DOWN
Use designated cool
areas, wet towel, fan



OBSERVE & ACT
Don't wait – keep
employees safe!

EMERGENCY? Call 911

HYDRATION



Water makes up **two thirds** of our body and it is vital we drink enough fluids to maintain a healthy balance. Drinking water is most often the best and cheapest way to stay hydrated and rehydrate. Unlike many other beverages, water contains no added sugars or calories, making it ideal to drink throughout the day or specifically when you need to rehydrate, after physical activities.

Being Properly hydrated helps to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to

cells, and keep organs functioning properly. It also improves sleep quality, cognition, and mood. Most people have been told they should drink 6 to 8, 8-ounce glasses of water each day. That's a reasonable goal. However, different people need different amounts of water to stay hydrated.

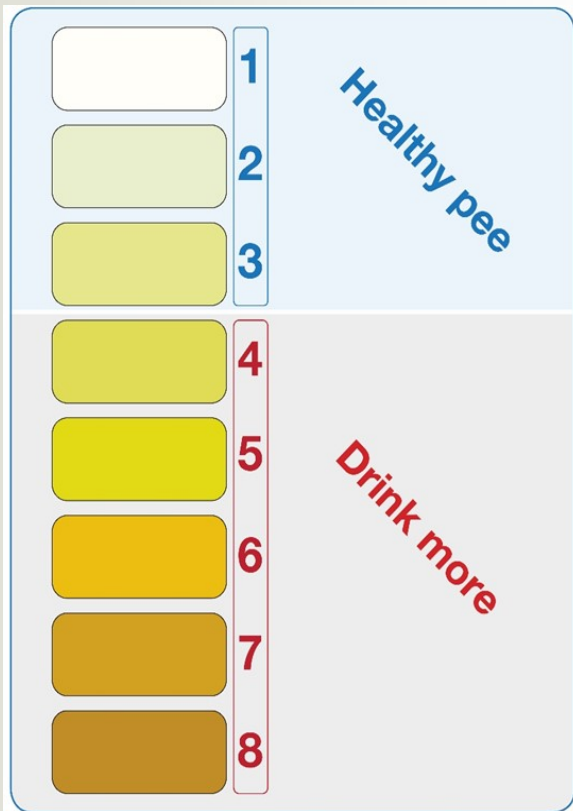
The best means of staying hydrated is water but there's other source that help aid in the hydration process such as fruits and vegetables juices, milk, and herbal teas. When deciding on which source make sure to limit sugary drinks that are high in calories. Some sports drinks and energy drinks can be helpful before physical actives that last more than an hour because they contain carbohydrates and electrolytes that can increase your energy and help your body absorb water. But remember some sport drinks are high in calories from sugar and energy drinks contain high amounts of caffeine. Drinks that contain caffeine will cause you to urinate more frequently making it difficult to stay hydrated. A safe amount of caffeine to consume each day is no more than 400 milligrams.

Tips to help you stay hydrated

- ◆ Keep a bottle of water with you during the day.
- ◆ If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- ◆ Drink water before, during, and after a workout.
- ◆ Increase your water intake when the weather is particularly hot.
- ◆ If you become ill, particularly with a fever, vomiting, or diarrhea, there's a high risk of becoming dehydrated, so start fluid replacement as soon as possible.

NOTE:

You lose water every day when you sweat, use the bathroom, and even when you breathe. Monitoring the color of your urine can be a good indicator if you're dehydrated, and in need of more water. If colorless or light yellow, you're well hydrated. If the urine is dark yellow or amber color, you may be dehydrated. Please refer to the color chart.

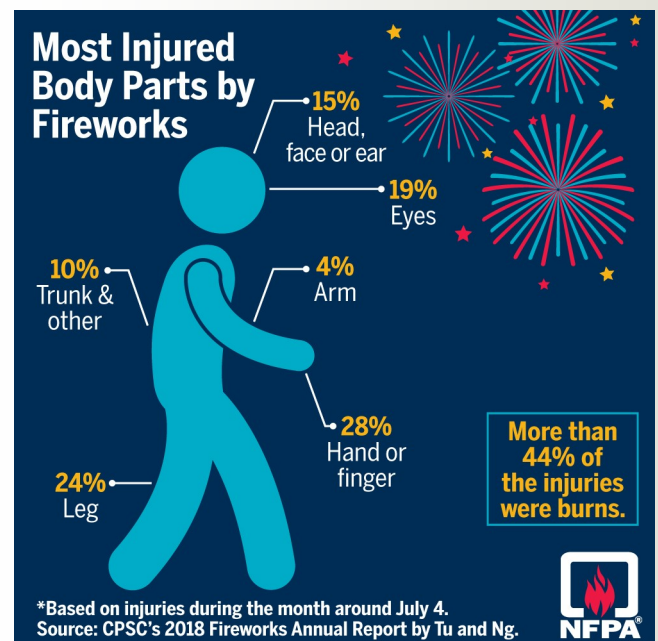


As we approach the much-awaited celebration of Independence Day, it's crucial to remember that fireworks can bring both joy and danger. Riverside County is known for its vibrant fireworks displays, but it's essential to prioritize safety to ensure a memorable experience for all. This newsletter article aims to provide you with valuable tips and guidelines to enjoy a safe and spectacular fireworks season.

- 1) **Attend Licensed Public Displays:** Riverside County offers numerous licensed public fireworks displays that are organized by professionals and adhere to strict safety guidelines. These displays provide a stunning spectacle while minimizing risks. Gather your family and friends and head to these public events for a secure and memorable experience.
- 2) **Know the Local Laws:** Familiarize yourself with the local laws and regulations concerning fireworks in Riverside County. Understand what types of fireworks are legal and illegal to possess and use. This knowledge will help you make responsible choices and avoid unnecessary hazards.
- 3) **Leave It to the Professionals:** Fireworks can be unpredictable and dangerous in untrained hands. It's vital to leave the handling and ignition of fireworks to licensed professionals. Resist the temptation to create your own backyard fireworks show, as it not only puts yourself at risk but also endangers your neighbors and property.
- 4) **Pet Safety:** While fireworks may be a source of awe and celebration for humans, they can be terrifying for our furry friends. Create a safe environment for your pets indoors during fireworks displays to minimize stress. Keep them away from fireworks, as the noise can cause them extreme anxiety. Consult your veterinarian for additional advice on keeping your pets calm during the festivities.
- 5) **Fire Safety:** Fire safety is of utmost importance during the fireworks season. Always have a fire extinguisher readily available and familiarize yourself with its proper use. Keep a bucket of water or hose nearby to extinguish any stray sparks or small fires. Ensure that all flammable materials are kept away from the area where fireworks are being ignited.
- 6) **Supervise Children:** Children should never handle fireworks or be left unsupervised around them. Educate them about the dangers of fireworks and the importance of safety. Consider child-friendly alternatives like glow sticks, confetti poppers, or sparkling wands to ensure their participation in the celebrations without compromising their well-being.
- 7) **Alcohol and Fireworks Don't Mix:** Consuming alcohol impairs judgment and coordination, which can lead to unsafe practices around fireworks. Avoid handling fireworks if you have consumed alcohol and ensure that those who do handle them remain sober and responsible.

Remember, prioritizing safety ensures that everyone can enjoy the magic of fireworks without any mishaps. Let's come together as a community to celebrate responsibly and protect ourselves, our loved ones, and our beautiful surroundings.

**Wishing you all a
joyful and safe
Independence Day!**



SERIOUS INJURY REPORT

Workplace safety is a paramount concern that requires ongoing attention and diligence. To further enhance safety measures, it is crucial to understand and comply with the reporting requirements set forth by the California Division of Occupational Safety and Health (Cal/OSHA). This newsletter article aims to provide an overview of Cal/OSHA's serious injury reporting obligations, emphasizing the importance of timely reporting to ensure a safer work environment in Riverside County.

What is Cal/OSHA Serious Injury Reporting?



Cal/OSHA requires employers to report serious workplace injuries, illnesses, or fatalities within specific timeframes. These reporting obligations are in place to facilitate incident investigations, identify potential hazards, and prevent future incidents.

Key Reporting Requirements:

1. **Fatalities:** Employers must report any workplace fatality that occurs within 8 hours of the incident. A fatality is defined as any work-related death, regardless of the time between the injury and death.
2. **Hospitalization:** Employers must report any work-related incident that results in the hospitalization of an employee within 24 hours. This includes situations where an employee is admitted to a hospital, clinic, or medical facility for medical treatment, rather than just observation.
3. **Amputations:** Employers must report any work-related incident that results in the amputation of a body part within 24 hours. This includes partial or complete loss of a body part or the severing of a body part.
4. **Eye Loss:** Employers must report any work-related incident that results in the loss of an eye within 24 hours.

Timely reporting of serious injuries is essential for several reasons:

1. **Investigation and Prevention:** Prompt reporting allows Cal/OSHA to initiate investigations, identify root causes, and take corrective actions to prevent similar incidents in the future.
2. **Compliance with the Law:** Failure to report serious injuries in a timely manner can result in penalties and legal consequences. Compliance with reporting obligations is not only a legal requirement but also demonstrates a commitment to workplace safety.
3. **Employee Trust and Well-being:** Demonstrating a commitment to promptly reporting serious injuries helps build trust among employees. It reassures them that their safety is a top priority and encourages them to come forward with any safety concerns.
4. **Data Collection and Analysis:** Accurate and timely reporting provides crucial data for analyzing workplace trends and identifying areas of improvement. This data can inform safety training programs, hazard assessments, and policy enhancements.

By understanding and complying with Cal/OSHA's serious injury reporting requirements, Riverside County employees can contribute to a safer and healthier work environment. Promoting a strong safety culture and prioritizing incident reporting fosters continuous improvement and helps prevent workplace accidents and injuries.

Remember, reporting a serious injury is just the first step. It is equally important to conduct internal investigations, address underlying causes, and implement preventive measures to ensure long-term workplace safety.

Let's work together to create a safer Riverside County, where every worker can return home unharmed at the end of each day.

Report all serious injuries to the Safety Loss Control Division at (951)-955-3520.

WHAT TO EXPECT FROM A 1

When does Cal/OSHA conduct inspections?

Cal/OSHA conducts inspections of workplaces when they receive a complaint of a workplace safety or health hazard or report of a fatality or serious work-related injury or illness. Employers and fire and police departments are required to report such serious accidents to Cal/OSHA.

Cal/OSHA may also conduct targeted inspections without a complaint or accident report, or whenever the inspector sees a workplace hazard in plain view.

How does Cal/OSHA respond to workplace safety and health complaints?

There are two ways that Cal/OSHA can respond to a workplace safety and health complaint. Cal/OSHA can conduct an unannounced onsite inspection, or an investigation by letter to the employer. Cal/OSHA will decide how to respond based on the information in the complaint, including the description of the hazards.

Cal/OSHA conducts onsite inspections for work-related complaints of serious and imminent hazards. Investigations by letter help address less serious hazards and allow Cal/OSHA to get in touch with many employers about safety and health concerns from employees much more quickly. Employers must post the letter from Cal/OSHA in the workplace to inform their employees about the investigation.



What happens during a Cal/OSHA onsite inspection?

The Cal/OSHA inspector will hold an opening conference with the employer representative and an employee representative if they are present. Then they conduct a walkthrough inspection of the worksite, take photographs, conduct confidential interviews with employees and managers. They will also request copies of documents, such as written programs, training records and injury and illness logs. Inspections may also require several follow up visits to the worksite. Before leaving the workplace during an onsite inspection, the Cal/OSHA inspector will inform the employer of preliminary findings of any safety or health hazards and violations observed.

What happens after the inspection or investigation?

After conducting an onsite inspection and reviewing all requested documents, the Cal/OSHA inspector will hold a closing conference with the employer, notifying them of any violations and the resulting citations and fines. The employer will receive a citation packet that will include instructions on how to file an appeal and the deadline for correcting hazards. If no violations were found, the employer will receive a written Notice of No Violations.

The Cal/OSHA inspector will also send a letter to the employee or employee representative who filed the complaint if they provided contact information, informing them of the findings, and include copies of any citations that were issued to the employer. The employer must also post copies of any citations at or near the location of the violation for three days or until the hazard is corrected, whichever is later. This notifies all employees in the work area of the hazard so they understand the need to correct the unsafe conditions and the schedule for correction. For investigations by letter, the employer must post a copy of the Cal/OSHA letter notifying of alleged safety or health hazards along with the employer's response. If an employer files an appeal, they are not required to correct hazards until after the hearing, which may be held up to a few years later.