UC SANTA BARBARA

Heat Illness Prevention Program Manual

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I. Purpose/Introduction

The purpose of the UCSB Heat Illness Prevention Program is to teach campus personnel how to reduce the risk of heat-related illness, recognize signs and symptoms, and respond properly should heat-related illness occur. Heat illness is a serious medical condition that results when the body is unable to cool itself sufficiently through sweating. Both personal and environmental factors can contribute to the likelihood of developing heat related illnesses which include heat stress, heat exhaustion and ultimately, heat stroke. Heat stroke can be fatal, especially if medical treatment is delayed.This program was written to comply with Cal/OSHA regulations for Heat Illness Prevention (CCR, Title 8, Section 3395 and Section 3396).

II. Applicability/Scope

The UCSB Heat Illness Prevention Program, through the requirements described in this manual, establishes procedures and responsibilities for UCSB students, faculty, staff and volunteers while engaged in University related activities. This program applies to all work that should reasonably be anticipated to result in exposure to the risk of heat illness.

Cal/OSHA has two Heat Illness Prevention Standards that may apply to UCSB employees depending on the environment(s) in which they work (indoor or outdoor).The Outdoor Heat Standard (CCR, Title 8, Section 3395) and The Indoor Heat Standard (CCR, Title 8, Section 3396) require employers to take certain steps which have been outlined in this document, to prevent heat illness. Please review the requirements and resources below to determine if one or both of these regulations apply to you or your employees.

III. Responsibilities

A. Department Heads and Chairs

Directors and Department Chairs are responsible for:

- Providing the necessary resources to ensure the health and safety of their employees;
- Identifying individuals as supervisors and ensuring they are trained on their health and safety responsibilities;
- Ensuring departmental compliance with campus health and safety policies and procedures;
- Ensuring workplace hazards are identified and controlled.

B. Managers, Supervisors, and Principal Investigators

Supervisors have the primary responsibility of ensuring the health and safety of their employees. Supervisors of employees who perform outdoor work or indoor work that should reasonably be anticipated to result in exposure to the risk of heat illness, are responsible for:

- Ensuring their units understand and comply with the requirements of this program;
- Monitoring indoor temperatures to see if the threshold of 82F is reached or surpassed;
- Ensuring that there is an accurate and up-to-date Heat Illness Prevention Plan covering their employees, their employees have been trained on it, that training has been documented, and the plan has been implemented;

- Ensuring employees have completed documented Heat Illness Prevention training (available on the UC Learning Center);
- Being aware of risk factors that contribute to heat illness;
- Reducing the risk of heat illness by taking special precautions when necessary;
- Being alert for the signs and symptoms of heat illness in employees;
- Allowing employees acclimate to working in hot conditions;
- Making sure employees working in hot conditions are accounted for at the end of the work shift;
- Ensuring employees have access to potable drinking water at all times;
- Remind and encourage workers to drink water frequently throughout their work shift, especially in high heat;
- Allow and encourage workers in indoor spaces to take cool-down rests in a cool-down area for a period of no less than 5 minutes at a time then they feel the need to do so to protect themselves from overheating;
    - If they do, employers must monitor workers during a cool-down rest and ask if they are experiencing any symptoms of heat illness including simple fatigue;
    - Monitoring must be done until the employee feels better;
    - Only at that point can the employee return to work;
- Ensuring employees have the necessary Personal Protective Equipment to reduce heat stress (sun hats, light colored clothing, etc.) when needed;
- Monitoring outdoor weather conditions and implement High-heat Procedures when temperatures equal or exceed 95 degrees Fahrenheit;
- Ensuring procedures for contacting emergency medical services are in place, and if necessary, arrange for the transportation of employees to a point where they can be reached by an emergency medical provider;
- Knowing what to do and how to summon emergency responders should a heat illness emergency occur.

C. Employees, Students, and Volunteers

Employees, Students, and Volunteers are responsible for:

- Understanding and complying with campus health and safety policies and procedures;
- Notifying their supervisor or EH&S about any hazardous conditions observed on the worksite;
- Informing their supervisors if they have personal risk factors that may increase their risk of heat related illness;
- Reporting the signs or symptoms of heat illness in themselves, or others, to their supervisor or EH&S immediately;
- Receiving heat illness prevention training.

D. Office of Environmental, Health and Safety (EH&S)

The UCSB Heat Illness Prevention Program is administered by the Office of Environmental Health and Safety. EH&S is responsible for:

- Designating an individual who is qualified by appropriate training and/or experience to administer the program.

E. Program Administrator

The Program Administrator will function as a technical resource and will assist

campus personnel in carrying out their responsibilities as necessary. Additionally, the Heat Illness Prevention Program Administrator is responsible for:

- Developing and maintaining the UCSB Heat Illness Prevention Program and ensuring it meets all applicable regulatory requirements;
- Developing and providing Heat Illness Prevention training;
- Assessing the effectiveness of the program as described in this document;
- Providing guidance to supervisors on how to check weather reports and how to respond to weather advisories;
- Performing Indoor Heat Illness Assessments.

IV. Definitions

Indoor Work Area - CCR, Title 8, Section 3396 defines "Indoor" as 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. All work areas that do not meet the definition of "Indoor" are considered "Outdoor" and covered by the outdoor requirements listed below. Examples of indoor work areas on campus include offices, lobbies, meeting rooms, classrooms, residence halls, commercial spaces, kitchens and other dining facilities, greenhouses, laboratories, utility rooms, laundry facilities, and gyms.

Outdoor Work Area - CCR, Title 8, Section 3395 requires all employers with outdoor work areas to take certain steps to prevent heat-related illness. Cal/OSHA considers all areas that do not meet the definition of "Indoor" above to be outdoor work areas. Examples of outdoor work areas on campus include loading docks, roofs, roads, parking lots, sidewalks, landscaped areas, sports fields, pools, agricultural and restoration areas, storage yards, utility areas, and construction sites.*Acclimatization* - means temporary adaptation of the body to work in the heat that occurs gradually when a person is exposed to it. Acclimatization peaks in most people within four to fourteen days of regular work for at least two hours per day in the heat.

Cool-down Area - an indoor or outdoor area that is blocked from direct sunlight and shielded from other high-radiant heat sources and is either open to the air or provided with ventilation or cooling. Blockage is sufficient when objects do not cast a shadow in the area of blocked sunlight.

Environmental Risk Factors - means working conditions that create the possibility that heat illness could occur, including air temperature and movement, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personal protective equipment worn by employees.

Heat Illness - means a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat rash, heat cramps, heat exhaustion, heat syncope and heat stroke.

Heat Wave - means any day in which the predicted high temperature for the day will be at least 80 degrees Fahrenheit and at least ten degrees Fahrenheit higher than the average high daily temperature in the preceding five days.

Heat Index -a measure of heat stress that combines air temperature and relative humidity into a single value, representing how hot the conditions feel to the average person.

Personal Risk Factors - means factors such as an individual's age, degree of acclimatization, health, water consumption, alcohol consumption, caffeine consumption, and use of prescription medications that affect the body's water retention or other physiological responses to heat.

Program Administrator - means the individual appointed by the Office of Environmental Health and Safety (EH&S) who is qualified by appropriate training and/or experience to administer the program.

Shade - means blockage of direct sunlight. Shade is considered sufficient when objects do not cast a shadow in the area of blocked sunlight. Shade is not adequate when heat in the area of shade defeats the purpose of shade, which is to allow the body to cool. For example, a car sitting in the sun does not provide acceptable shade to a person inside it, unless the car is running with air conditioning. Shade may be provided by any natural or artificial means as long as it does not expose employees to unsafe or unhealthy conditions, or deter or discourage access or use.

Temperature - means the dry bulb temperature in degrees Fahrenheit obtainable by using a thermometer to measure the outdoor temperature in an area where there is no shade. While the temperature measurement must be taken in an area with full sunlight, the bulb or sensor of the thermometer should be shielded while taking the measurement, e.g., with the hand or some other object, from direct contact by sunlight.

V. Types of Heat Illness, Risk Factors and At- Risk Employees

A. Types of Heat Illness and First Aid

There are several types of heat-related illness. The following sections will explain the symptoms, causes and first aid procedures for each type of heat-related illness. All signs or symptoms of heat illness should be reported to a supervisor immediately. If a supervisor observes, or any employee reports, any signs or symptoms of heat illness in an employee, the supervisor must take immediate action commensurate with the severity of the illness. If the signs or symptoms are indicators of severe heat illness (such as, but not limited to, decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior or convulsions), emergency response procedures must be implemented. An employee exhibiting signs or symptoms of heat illness must be monitored and must not be left alone or sent home without being offered onsite first aid and/or being provided with emergency medical services.

1. Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature; the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature above 103°F can rise to 106 degrees or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

There are two types of heat stroke, classic heat stroke is due to exposure to environmental heat and poor heat dissipation mechanisms whereas exertional heat stroke is associated with physical exercise and results when excessive production of metabolic heat overwhelms physiological heat-loss mechanisms. Classic heat stroke usually affects older, sedentary people and the skin is usually hot and dry but sometimes moist with sweat. It is typically a result of no air conditioning during the summer heat waves. Exertional heat stroke usually affects active persons after intense physical exertion, particularly without acclimation and the skin is often moist with sweat.

Heat Stroke Symptoms:

- Hot/Red, dry skin (Classic Heat Stroke) or profuse sweating (Exertional Heat Stroke);
- Hallucinations;
- Chills;
- Throbbing headache;
- Nausea and vomiting;
- Flushed skin;
- Rapid breathing;
- Rapid, strong pulse;
- High body temperature;
- Possible Unconsciousness;
- Disorientation;
- May or may not sweat;
- Confusion/dizziness ;
- Convulsions, seizures, or death may occur;
- Slurred Speech.

Heat Stroke First Aid:

- Contact emergency medical services (911) and notify the supervisor.
- Move the individual to a cool, shaded or air-conditioned area.
- Cool the individual using methods such as:
    - Loosening or removing clothing;
    - Soaking their clothes with water;
    - Place ice/cold packs;
    - Spraying, sponging, or showering them with water;
    - Fanning their body only if the heat index temperature is below the high 90s as a fan can make you hotter at higher temperatures;
    - Do NOT give fluids or put an unconscious person in a bath or shower.

2. Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating. Workers most prone to heat exhaustion are those that are elderly, have high blood pressure, and those working in a hot environment.

Heat Exhaustion Symptoms:

- Heavy sweating;

- Extreme weakness or fatigue;
- Dizziness;
- Mild confusion;
- Nausea or vomiting;
- Cool, clammy, moist skin;
- Normal or subnormal temperature;
- Dark Urine;
- Pale or flushed complexion;
- Muscle cramps;
- Slightly elevated body temperature;
- Fast breathing ;
- Fast or weak pulse;
- Headache;
- Fainting.

Heat Exhaustion First Aid:

- Contact emergency medical services and notify the supervisor if the person has vomited and continues to do so;
- Move the individual to a cool, shaded or air-conditioned area and allow them to rest;
- Encourage the individual to drink water or other cool, nonalcoholic and non-caffeinated beverages;
- Cool the individual using methods such as:
    - Loosening or removing clothing;
    - Soaking their clothes with water;
    - Spraying, sponging, or showering them with water;
    - Fanning their body.

3. Heat Syncope

Heat syncope is a fainting (syncope) episode or dizziness that usually occurs with prolonged standing or sudden rising from a sitting or lying position. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.

Heat Syncope Symptoms:

- Light-headedness;
- Feeling Faint ;
- Pale, cool, moist skin.

Heat Syncope First Aid:

- Notify supervisor;
- Have the individual sit or lie down in a cool, shaded or air-conditioned area and allow them to rest;
- Encourage the individual to drink water or other cool, nonalcoholic and non-caffeinated beverages.

4. Heat Cramps

Heat cramps usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion.

Heat Cramp Symptoms:

- Muscle pain or spasms usually in the abdomen, arms, or legs;
- Heavy Sweating.

Heat Cramp First Aid:

- Stop all activity, and sit in a cool place ;
- Apply firm pressure on cramping muscles or gently massage to relieve spasm ;
- Give sips of a clear juice or a sports beverage unless the person complains of nausea, in that case do not give them water;
- Do not return to strenuous work for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke ;
- Seek medical attention if any of the following apply:
    - The worker has heart problems;
    - The worker is on a low-sodium diet;
    - The cramps do not subside within one hour.

5. Heat Rash

Heat rash occurs when sweat ducts become clogged and the sweat can't get to the surface of the skin. Instead, it becomes trapped beneath the skin's surface causing a mild inflammation or rash.

Heat Rash Symptoms:

- Skin can be itchy, have mild swelling, or feel like it is prickling or burning ;
- Heat rash looks like a red cluster of pimples or small blisters;
    - It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

Heat Rash First Aid:

- Work in a cooler, less humid environment when possible;
- Keep the affected area dry;
- Dusting powder may be used to increase comfort.

6. Rhabdomyolysis (Muscle Breakdown)

This is a potentially life-threatening condition in which muscle tissue breaks down and releases a protein called myoglobin into the bloodstream. This harmful substance can cause damage to the kidneys so it is important to receive medical care so that fluids

can be given to help flush the toxins out.

Rhabdomyolysis Symptoms:

- Muscle cramps, aches;
- Swelling, or pains that are more severe than expected;
- Dark Urine (Brown, red, tea or cola-colored);
- Reduced urine output;
- Feeling weak or tired.

Rhabdomyolysis First Aid:

- Stop activity and rest;
- Drink liquids (water or electrolytes and other clear liquids are preferred);
- Seek immediate care at the nearest medical facility.

B. Risk Factors

There are a number of factors that can increase the likelihood of an individual experiencing heat related illness. Often heat illness is a result of a combination of environmental and personal risk factors.

Environmental Risk Factors

Environmental risk factors are working conditions that increase the likelihood of a person experiencing heat related illness. They include:

- Warm Temperature;
- Work tasks that generate heat;
- High humidity;
- Heat load caused by exertion, clothing, and personal protective equipment;
- Direct exposure to the sun or other heat sources;
- Limited air movement.

Personal Risk Factors

Personal factors affect how well an individual can respond to heat. They include:

- Age, weight, and physical condition;
- Lack of acclimatization;
- Consumption of water, alcohol, drugs and caffeine;
- Use of medications that affect tolerance to heat;
- Dehydration;
- Medical conditions;
- Low Salt diets;
- Obesity;
- Blood Pressure;
- Meals (Missed).

C. At Risk Employees

Although UCSB typically enjoys a mild climate, there are times when job related conditions may increase the risk of heat related illness. The following are examples of groups of employees who are likely to be exposed to these conditions:

- Recreation Center/Athletics/Physical Education Staff;
- Delivery Personnel;
- Emergency Response Personnel;
- Environmental Health and Safety Staff;
- Events Staff;
- Laundry Services;
- Graduation Ceremony Staff and Participants;
- Facilities Management Employees;
- Design and Construction Services Employees;
- Field Researchers;
- Boating and Diving Personnel;
- Groundskeepers;
- Animal Cage Washers;
- Agricultural Operations Workers;
- Hazardous Materials Workers;
- Dining/Kitchen Staff;
- Housing Services Employees;
- Natural Reserve System Employees;
- Parking Services Employees;
- Police Officers;
- Transportation Services Employees;
- Other individuals not listed who work outdoors, or in indoor areas where heat stress is likely to occur (boiler rooms, metal shop, etc.).

VI. Heat Illness Prevention Procedures

Supervisors are responsible for developing, implementing, and maintaining, effective procedures to reduce the risk of heat related illness. These procedures must be in writing and include specific heat illness prevention measures and emergency response procedures for each worksite location. Supervisors and employees should review their procedures on a regular basis, and update them as needed. Environmental, Health & Safety (EH&S) is available, upon request, to help evaluate job tasks, procedures and environmental conditions.

A. Heat Illness Prevention Plan

A Heat Illness Prevention Plan must be developed and implemented at each worksite where it could be reasonably anticipated that exposure to heat related illness could occur. The plan must be in writing in both English and the language understood by the majority of the employees and must be made available at the worksite to employees and to representatives of the Division upon request. The Heat Illness Prevention Plan at a minimum must contain:

- Procedures for the provision of water and access to shade;

- Acclimatization procedures;
- Emergency Response Procedures;
- High heat procedures, where applicable.

To assist Supervisors in meeting these requirements EH&S has developed the UCSB Campus Heat Illness Prevention Plan (Attachment B) which covers most on-campus worksites, and a Worksite Specific Heat Illness Prevention Plan Worksheet (Attachment C-Outdoors, Attachment D-Indoors, and Attachment D-Indoors Spanish) for off-campus locations and other locations not adequately covered by the campus plan. Supervisors must ensure that there is a written Heat Illness Prevention Plan for each worksite under their responsibility, and employees covered by the plan have to review it and be trained on the procedures prior to commencing work.

B. Heat Illness Prevention Measures

Supervisors are responsible for developing procedures for the following measures and ensuring they are implemented, as appropriate, to help prevent heat illness among employees:

Monitor Weather Conditions

Supervisors are responsible for monitoring weather conditions and scheduling work appropriately. All employees must be closely observed by a supervisor or designee during a heat wave. Make sure to monitor the weather at the specific location(s) where work activities are occurring. Prior to each workday, have a designated person check the weather forecast in the areas of work activities. The weather can be monitored by using local radio and television stations, websites, and electronic or other devices. See the References and Resources section for some specific weather monitoring resources.

Monitor Employees during Rest Period

Supervisors should encourage workers to take preventative rest periods. Allow workers who ask for a rest period to take one. Monitor workers taking such breaks for symptoms of heat related illness.

Work Scheduling

There is no absolute temperature cutoff, below which, heat illness ceases to be a risk. Heavy work conducted in high humidity, especially if workers are wearing protective clothing or are not acclimated, can present a risk even at ambient temperatures of 70°F or below. Whenever possible, schedule outdoor work during cooler times of the day to reduce the risk of heat illness. Avoid vigorous manual labor or any other type of physical activity.

Acclimatization

Acclimatization is a process by which the body adjusts to increased heat

exposure. Employees are more likely to develop heat related illness if they not allowed or encouraged to take it easy when a heat wave strikes, or when they start a new job that exposes them to heat. Cal/OSHA reported that 80% of the heat illness cases investigated in 2005 involved employees that had been on the job for fewer than 4 days; 46% of the incidents occurred on the worker's first day on the job. Acclimatization is fully achieved in most people within 4 to 14 days of regular work involving at least 2 hours per day in the heat. To help this process wear hats, light colored, and light/loose clothes as once safety concerns are taken into account as appropriate.

Drinking Water

Provide sufficient access to potable water that is fresh, pure, suitably cool, available at all times and is free of charge. Located as close as possible to work areas and cool-down areas. the employer must provide enough water for every worker to be able to drink one quart of water, or four eight-ounce cups, per hour for the entire shift or (e.g., two gallons per worker for an eight-hour shift). Employers may supply workers with individual water bottles or containers as long as hygiene is ensured (i.e., clean bottles for each worker) and the water is replenished. The water must be located as close as practicable to the areas where employees are working. Where drinking water is not plumbed or otherwise continuously supplied, it must be provided in sufficient quantity at the beginning of the work shift to provide one quart per employee per hour for drinking for the entire shift. Employers may begin the shift with smaller quantities of water if they have effective procedures for replenishment during the shift as needed. An employer is out of compliance if at any time drinking water is not available to workers or if the practice is to wait until the water container is empty to replenish it. The frequent drinking of water must be encouraged for hydration.

Cool-Down Areas for Indoor Workers

If an employee is in an indoor work area that enacts the indoor heat illness prevention program then the indoor cool down area must be maintained below 82 degrees unless the employer demonstrates it is infeasible.

Shade for Outdoor Workers

Supervisors must ensure shade is opened and available to their employees when the outdoor temperature exceeds 80 degrees Fahrenheit, and upon employee request when temperatures are below 80 degrees Fahrenheit. When the outdoor temperature in the work area exceeds 80 degrees Fahrenheit, the employer must have and maintain one or more areas with shade at all times while employees are present that are either open to the air or provided with ventilation or cooling. The amount of shade present must be at least enough to accommodate the number of employees on recovery or rest periods, so that they can sit in a normal posture fully in the shade without having to be in physical contact with each other. The shade must be located as close as practicable to the areas where employees are working. Subject to the same specifications, the amount of shade present during meal periods must be at least enough to accommodate the number of employees on the meal period who remain onsite. The shaded area must be open to the air, or ventilated and cooled, and access must be permitted at all times. Canopies, umbrellas, or other

temporary structures may be used to provide shade, provided they block direct sunlight.

Rest Breaks

Employees must be allowed and encouraged to take a preventative cool-down rest in the shade or cool down area for a period of no less than five minutes at a time when they feel the need to do so to protect themselves from overheating. An individual employee who takes a preventative cool-down rest (A) must be monitored and asked if he or she is experiencing symptoms of heat illness; (B) must be encouraged to remain in the shade/cool down area; and (C) must not be ordered back to work until any signs or symptoms of heat illness have abated, but in no event less than 5 minutes in addition to the time needed to access the appropriate rest area.

Training

Documented Heat Illness Training covering the requirements in Section VII of this document must be provided to all applicable workers before they begin work in hot environments.

Employee Monitoring Throughout Work Shift

Supervisors should continuously monitor employees closely for signs and symptoms of heat illness. During heat waves and with new employees, supervisors must be extra-vigilant. All employees must be closely observed by a supervisor or designee during a heat wave. A "heat wave" means any day in which the predicted high temperature for the day will be at least 80 degrees Fahrenheit and at least ten degrees Fahrenheit higher than the average high daily temperature in the preceding five days. An employee who has been newly assigned to a high heat area must be closely observed by a supervisor or designee for the first 14 days of the employee's employment.

C. Emergency Response Procedures

As part of their written Heat Illness Prevention Plan, supervisors must develop and implement effective worksite emergency response procedures. Emergency response procedures must include:

- How effective communication by voice, observation, or electronic means will be maintained so that employees at the work site can contact a supervisor or emergency medical services when necessary. An electronic device, such as a cell phone or text messaging device, may be used for this purpose only if reception in the area is reliable. If an electronic device will not furnish reliable communication in the work area, the employer will ensure a means of summoning emergency medical services. How to respond to signs and symptoms of possible heat illness, including but not limited to first aid measures and how emergency medical services will be provided.
- How to contact emergency medical services and, if necessary, how employees will be transported to a place where they can be reached by an emergency medical provider.
- How in the event of an emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders.

In non-remote areas throughout the United States, emergency medical services are generally available by calling 911. Supervisors are to ensure that employees are able to provide clear concise directions to their worksite. In remote field locations, developing procedures for emergency medical services may require extensive planning, and supervisors must ensure employees are informed of exactly how and where medical attention may be received. Always make sure employees have communication means and knowledge of how to guide emergency services to their location.

If a supervisor observes, or any employee reports, any signs or symptoms of heat illness in an employee, the supervisor must take immediate action commensurate with the severity of the illness. If the signs or symptoms are indicators of severe heat illness (such as, but not limited to, decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior or convulsions), emergency response procedures must be implemented. An employee exhibiting signs or symptoms of heat illness must be monitored and must not be left alone or sent home without being offered onsite first aid and/or being provided with emergency medical services.
Supervisors must reiterate to all employees the importance of immediately reporting any symptoms or signs of heat illness in themselves or co-workers and remind employees what to do in case emergency medical treatment is needed.

On-campus procedures for responding to heat illness:

- Dial (805) 893-3446 for campus police dispatch or 911 (9-911 from a campus phone) for emergency medical help;
- Tell the dispatcher this is a heat related illness;
- Provide information on the exact location of the incident using maps and building information which are readily displayed around campus if necessary;
- Provide first aid to victim until emergency responders arrive;
- Notify your supervisor and contact UCSB Workers' Compensation at (805) 893-4440 to report the incident.

D. High-heat Procedures

High-heat procedures are only required for workers who perform jobs in the industries listed below. However, it is recommended that similar procedures be implemented for non-required industries to reduce the risk of heat related illness whenever possible.

- Agriculture;
- Construction;
- Landscaping;
- Oil and gas extraction;
- Transportation or delivery of agricultural products, construction materials or other heavy materials (e.g. furniture, lumber, freight, cargo, cabinets, industrial or commercial materials), except for employment that consists of operating an air-conditioned vehicle and does not include loading or unloading.

Supervisors of employees that fall under the categories list above must implement high-heat procedures when the temperature equals or exceeds 95 degrees Fahrenheit. These procedures must include the following to the extent practicable:

- Scheduling work during the cooler hours of the day, or if possible postponing work until ambient temperatures decrease.
- Ensuring that effective communication by voice, observation, or electronic means is maintained so that employees at the work site can contact a supervisor when necessary. An electronic device, such as a cell phone or text messaging device, may be used for this purpose only if reception in the area is reliable.
- Remind employees throughout the work shift to drink plenty of water and take cool-down breaks.
- Designating one or more employees on each worksite as authorized to call for emergency medical services, and allowing other employees to call for emergency services when no designated employee is available.
- Pre-shift meetings before the commencement of work to review the high heat procedures, encourage employees to drink plenty of water, and remind employees of their right to take a cool-down rest when necessary.
- Observing employees for alertness and signs or symptoms of heat illness. The employer must ensure effective employee observation/monitoring by implementing one or more of the following:
    - Supervisor or designee observation of 20 or fewer employees, or
    - Mandatory buddy system, or
    - Regular communication with sole employee such as by radio or cellular phone, or
    - Other effective means of observation.
- For employees employed in agriculture, the following must also apply: When temperatures reach 95 degrees or above, the employer must ensure that the employee takes a minimum ten-minute net preventative cool-down rest period every two hours. The preventative cool-down rest period required by this paragraph may be provided concurrently with any other meal or rest period required by Industrial Welfare Commission Order No. 14 (8 CCR 11140) if the timing of the preventative cool-down rest period coincides with a required meal or rest period thus resulting in no additional preventative cool-down rest period required in an eight-hour workday. If the workday will extend beyond eight hours, then an additional preventative cool-down rest period will be required at the conclusion of the eighth hour of work; and if the workday extends beyond ten hours, then another preventative cool-down rest period will be required at the conclusion of the tenth hour and so on. For purposes of this section, preventative cool- down rest period has the same meaning as "recovery period" in Labor Code Section 226.7(a)

VII. Training Requirements

Department Heads and Chairs must ensure effective documented Heat Illness Prevention Training meeting the requirements below is provided to each supervisory and non-supervisory employee before the employee begins work that should reasonably be anticipated to result in exposure to the risk of heat illness.

A. General Heat Illness Training Requirements

All employees, supervisory and non-supervisory, must receive training on the following:

- Procedures for complying with the requirements of this standard, including, but not limited to, the responsibility to provide water, shade, cool-down rests, and access to first aid as well as the employees' right to exercise their rights under this standard without retaliation;

- The different types of heat illness, and the common signs and symptoms of heat illness, and appropriate first aid and/or emergency responses to the different types of heat illness, and in addition, that heat illness may progress quickly from mild symptoms and signs to serious and life-threatening illness;
- The environmental and personal risk factors for heat illness, as well as the added burden of heat load on the body caused by exertion, clothing, and personal protective equipment;
- The importance of frequent consumption of small quantities of water, up to 4 cups per hour, when the work environment is hot and employees are likely to be sweating more than usual in the performance of their duties;
- Procedures for the provision of water and access to shade;
- The concept, importance, and methods of acclimatization.
- The importance of immediately reporting the symptoms or signs of heat illness in themselves, or in co-workers;
- Procedures for responding to signs or symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary;
- Procedures for ensuring that, in the event of an emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders. These procedures must include designating a person to be available to ensure that emergency procedures are invoked when appropriate.
- Special procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider;
- High heat procedures, if applicable;
    - Attend a pre-shift meeting;
    - Maintain Communication;
    - Drink plenty of water;
    - Cool down in 10-minute rests every 2 hours;
    - Work in pairs (if possible);
    - Observe co-workers,

B. Additional Supervisor Heat Illness Training

Prior to supervising employees who perform work that should reasonably be anticipated to result in exposure to the risk of heat illness, Department Heads must ensure supervisors receive effective documented training on the following topics:

- Supervisory requirements and responsibilities under the UCSB Heat Illness Prevention Program and Heat Illness Prevention Standard;
- The procedures the supervisor is to follow when an employee exhibits symptoms; consistent with possible heat illness, including emergency response procedures;
- How to monitor weather reports and how to respond to hot weather advisories.

C. Training Resources

UCSB Heat Illness Prevention Training - Login to UCSB Learning Center (https://www.learningcenter.ucsb.edu/) and search for “Heat Illness.”

VIII. Record Keeping Requirements

A. Training

Departments must retain training records for at least ten years after the person has retired or left University employment. Training completed or recorded on the Learning Management System (LMS) is kept indefinitely.

IX. Resources and Services

Environmental Health & Safety (EH&S) has administrative responsibility for the campus Indoor Heat Illness Prevention Program and will assist departments and supervisors in meeting their requirements under the program upon request. Specific EH&S Services and Resources are listed below:

- Cal/OSHA Heat Illness Prevention Standard - California Code of Regulations, Title 8, Section 3395, California Department of Industrial Relations (http://www.dir.ca.gov/title8/3395.html)
- Cal/OSHA Indoor Heat Illness Prevention Standard - California Code of Regulations, Title 8, Section 3396, California Department of Industrial Relations (http://www.dir.ca.gov/title8/3396.html)
- Cal/OSHA Heat-Related Illness Prevention and Information (http://www.dir.ca.gov/dosh/heatillnessinfo.html)
- Heat Illness Prevention Training (covers both Indoor and Outdoor Heat Illness requirements and is available online through the UC Learning Center)
- UCSB Outdoor Heat Illness Prevention Program Compliance Checklist (Attachment A)
- UCSB Main Campus Outdoor Heat Illness Prevention Plan-Attachment B (PDF | Word)
- Worksite Specific Outdoor Heat Illness Prevention Plan Worksheet for Supervisors-Attachment C (PDF | Word)
- UCSB Campus Indoor Heat Illness Prevention Plan-Attachment D(PDF | Word)
- UCSB Campus Indoor Heat Illness Prevention Plan (Spanish)-Attachment E (PDF | Word)
- Conducting Indoor Heat Illness Assessments and monitoring
- Assisting with the development of Indoor and Outdoor Heat Illness Plans
- Performing audits of local heat illness procedures
- Warm Weather Safety Tips
- NOAA Heat Wave Information
- National Weather Service Weather Alerts and Forecasts Website
- National Integrated Heat Health Information System
- ReadySBC Alerts

If you are unsure whether or not the temperatures of indoor spaces under your purview equal or exceed 82F, please contact EH&S Industrial Hygiene (ehs-ih@ucsb.edu) for a Heat Illness Risk Assessment.

X. Issued By and Next Review Date

Issued by: Priscilla Pouliot, Industrial Hygiene Specialist

Date: April 23, 2026

Review Date: Required every 5 years or earlier

if deficiencies are identified or by regulatory update.

XI. Attachments

Attachment A: UCSB Outdoor Heat Illness Prevention Program Checklist
Attachment B: UCSB CampusOutdoor Heat Illness Prevention Plan
Attachment C: UCSB Worksite Specific Outdoor Heat Illness Prevention Plan Worksheet
Attachment D: UCSB Campus Indoor Heat Illness Prevention Plan
Attachment E: UCSB Campus Indoor Heat Illness Prevention Plan (Spanish)

Attachment A

UCSB Outdoor Heat Illness Prevention Program Compliance Checklist

Department/Unit:_____Supervisor:_____

Completed by:_____Date:_____

Heat Illness Program Applicability			
Question	Yes	No	Action Required
Do employees perform work outdoors where Heat Illness is likely to occur?			If no, stop. Heat Illness Prevention Program not required.
Do employees perform work indoors when the indoor temperature is likely to be greater than 82 °F?			If no, stop. Heat Illness Prevention Program not required. However, a heat assessment may be required. Please contact EH&S IH for more information.
Training			
Have employees received documented Heat Illness Prevention Training?			If no, ensure employees receive Heat Illness Prevention Training (available on UCSB Learning Management Center).
Have supervisors received documented Supervisor Heat Illness Prevention Training?			If no, ensure supervisor receive documented Supervisor Heat Illness Prevention Training (available through EH&S).
Have employees and supervisors reviewed the UCSB Heat Illness Prevention Program Manual?			If no, direct individuals to review the UCSB Heat Illness Prevention Program Manual.
Water			
Do employees have access to portable water that is fresh, pure, suitably cool, and free of charge? (At least one quart per employee per hour for drinking for the entire shift. It must also be located as close as possible to work areas and cool-down areas)			If no, develop and implement procedures for providing access to sufficient drinking water.
Does the employer have a written heat illness prevention plan that indicates how workers will be reminded and encouraged to drink water? (Ex. Verbal reminders or audible signals)			If no, develop and implement procedures for encouraging workers to drink water throughout the work day.
Cool-down Breaks and Shade			
Are employees who take preventative rest breaks monitored and asked if they are experiencing symptoms of heat illness, and if so, encouraged to remain in shade or cool down area until all signs or symptoms of heat illness are abated?			If no, employees must be encouraged to remain in the shade until any signs or symptoms of heat illness have abated (no less than 5 minutes in addition to the time needed to access the shade).
Do employees have access to at least one cool-down area when the temperatures exceed 82F? (The cool-down must be located as close as practicable to the areas where workers are working and be of sufficient size to accommodate employees. Such			If no, develop and implement procedures to ensure cool down area is provided.

access to cool-down areas must be permitted at all times.)			
Do employees have access to shade when temperatures exceed 80F? (Shade means the blockage of direct sunlight. Shade is not considered adequate when heat in the area of shade defeats the purpose of shade, which is to allow the body to cool (e.g. sitting in a hot car). Shade may be provided by any natural or artificial means that does not expose employees to unsafe or unhealthy conditions, or discourage its use.)			If no, develop and implement procedures to ensure shade is provided.
Heat Illness Prevention Plan			
Do employees perform work off-campus, or in other areas not adequately covered by the UCSB Campus Heat Illness Prevention Plan?			If yes, develop Worksite Specific Heat Illness Prevention Plans using the worksheet provided by EH&S.
Have employees covered by the Heat Illness Prevention Plan review it, and been trained on its procedures?			If no, ensure employees review the Heat Illness Prevention Plan and are properly trained on its procedures.

Work Scheduling and Acclimation			
Question	Yes	No	Action Required
Do supervisors monitor weather conditions, and when possible schedule outdoor work during cooler times of the day to reduce the risk of heat illness?			If no, ensure supervisors monitor weather conditions and scheduling work appropriately.
Are employees given time to acclimate to their environment? (Gradually exposed to regular working conditions for a least four to fourteen days for at least two hours per day in the heat.)			If no, develop procedures to ensure employee(s) are acclimated prior to performing strenuous work in heat.
Are employees closely observed by a supervisor or designee during a heat wave (any day in which the predicted high temperature for the day will be at least 80F and at least ten degrees Fahrenheit higher than the average high daily temperature in the preceding five days)?			If no, develop procedures to closely observe employees during a heat wave.
Are employees who have been newly assigned to a high heat area closely observed by a supervisor or designee for the first 14 days of the employee's employment?			If no, develop procedures to closely observe employees during the first 14 days of their employment.
Emergency Medical Procedures			
If an employee exhibits signs or reports symptoms of heat illness while taking a preventative cool-down rest or during a preventative cool-down rest period, are there procedures in place to ensure appropriate first aid or emergency response is provided?			If no, develop first aid and emergency response procedures. Special procedures may be necessary for remote/off-site workers.

Are there established procedures for ensuring that effective communication by voice, observation, or electronic means is maintained so that employees at the work site can contact a supervisor or emergency medical services when necessary? (An electronic device, such as a cell phone or text messaging device, may be used for this purpose only if reception in the area is reliable. If an electronic device will not furnish reliable communication in the work area, the supervisor must ensure other means of summoning emergency medical services are available.)			If no, develop effective communication procedures. Special procedures may be necessary for remote/off-site workers.
Are there established procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider?			If no, develop procedures. Special procedures may be necessary for remote/off-site workers.
Are there established procedures for ensuring that, in the event of an emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders? These procedures must include designating a person to be available to ensure that emergency procedures are invoked when appropriate.			If no, develop procedures. Special procedures may be necessary for remote/off-site workers.
Have employees been trained on these procedures?			If no, train employees on Emergency Response Procedures.
High Heat Procedures (only required for agricultural, construction, landscaping and transportation workers when temperatures exceed 95° F)			
Question	Yes	No	Action Required
Do employees perform agricultural work, construction, landscaping, or transportation and loading/unloading of heavy goods?			If yes, High Heat Procedures must be implemented when temperatures exceed 95° F. (See High Heat Procedures section below.) If no, High Heat Procedures not required to be implemented but are recommended to be used as needed to ensure employees' safety.
Are pre-shift meetings held before the commencement of work to review the high heat procedures, encourage employees to drink plenty of water, and remind employees of their right to take a cool-down rest when necessary?			If no, conduct pre-shift meeting as necessary.
Are employees monitored by implementing one or more of the following: a) Supervisor or designee observation of 20 or fewer employees, or b) Mandatory buddy system, or c) Regular communication with sole employee such as by radio or cellular phone, or d) Other effective means of observation.			If no, develop procedures to closely monitor employees when temperatures exceed 95° F.
Are one or more employees on each worksite designated as authorized to call for emergency medical services?			If no, ensure one or more employees are designated as authorized to call for emergency medical services.

Are employees reminded to drink plenty of water throughout the work shift?			If no, ensure employees are reminded to drink plenty of water.
Notes			

Attachment B

UCSB Main Campus Outdoor Heat Illness Prevention Plan

This Heat Illness Prevention Plan was developed to cover most outdoor locations on UCSB's main campus. Supervisors must develop a Worksite Specific Outdoor Heat Illness Prevention Plan for outdoor locations not adequately covered by this plan. Employees covered by this plan must review it and be trained on its specific procedures prior to commencing outdoor work.

Worksite Description/Location: University of California Santa Barbara Main Campus

Access to Water
Clean, cool, potable drinking water is readily available at most campus locations from drinking fountains and building water fixtures. If sufficient drinking water is not available at your worksite, please notify your supervisor immediately so they can develop and implement worksite-specific procedures. Do not drink industrial or reclaimed water.
Access to Shade
Shade provided by building structures and trees is readily available to employees in most locations on campus. UC vehicles with functioning air conditioning also qualify. If adequate shade is unavailable at your worksite, please notify your supervisor immediately so they can develop and implement worksite-specific procedures for providing adequate shade when temperatures exceed 80F. Enough shade must be provided to accommodate all employees during recovery or rest periods so that they can sit in a normal posture fully in the shade without having to be in physical contact with each other. Shade must be located as close as practicable to the areas where employees are working.
Acclimatization Methods and Procedures
Employees must be closely observed (visually or by other effective means) by a supervisor or designee during a heat wave. A "heat wave" means any day in which the predicted high temperature for the day will be at least 80 degrees Fahrenheit, and at least ten degrees Fahrenheit higher than the average high daily temperature in the preceding five days. Employees who have been newly assigned to a high heat (greater than 95F) area must be closely observed by a supervisor or designee for the first 14 days of the employee's employment. Procedures for observing employees: Please notify supervisory contact(s) of work locations, contact information, and estimated return times in writing prior to departure during heat waves.
First Aid and Emergency Response Procedures
If any signs or symptoms of heat illness are observed or reported, immediate action commensurate with the severity of the heat illness must be taken (such as, but not limited to; notifying a supervisor, providing first aid, initiating emergency response). If the signs or symptoms are indicators of severe heat illness (such as, but not limited to; decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior or convulsions), emergency response procedures must be implemented. An employee exhibiting signs or symptoms of heat illness must be monitored, and must not be left alone or sent home without being offered onsite first aid and/or being provided with emergency medical services. Emergency phones (locations provided on UCSB Interactive Map) and cellular service are both readily available throughout campus. Additionally, many departments that have employees who perform work in isolated locations issue two-way radios to their employees. If effective means of communication are not available at your worksite, please notify your supervisor immediately so they can develop and implement worksite-specific procedures. On-campus emergency response procedures for heat-related illness: • Dial 911 or 805.893.3446 for campus police dispatch; • Tell the dispatcher this is a heat-related illness; • Provide information on your exact location using maps and/or building information, which are readily displayed around campus; • Provide first aid to victim until emergency responders arrive; • Notify your supervisor and contact UCSB Workers' Compensation at 893-4440.
High Heat Procedures (only required for agricultural, construction, landscaping and transportation workers when temperatures exceed 95F)
Supervisors of employees that fall under the categories listed above must develop Worksite Specific Outdoor Heat Illness Prevention Plan.

Supervisory Contact(s):_____

Worksite Specific Heat Illness Prevention Plan Review and Training Documentation

I certify that I have reviewed the above Heat Illness Prevention Plan for my worksite and have received adequate training on its implementation.

Employee Name	Employee Signature	Date

Attachment C

UCSB Worksite Specific Outdoor Heat Illness Prevention Plan

Supervisors must develop and implement a Worksite Specific Heat Illness Prevention Plan for off-campus outdoor worksites, and other worksites not adequately covered by the Main Campus Heat Illness Prevention Plan. Employees covered by this plan must review it and be trained on its specific procedures prior to commencing outdoor work.

Department/Unit:_____ Supervisor :_____

Worksite Description/Location:_____

How will employees be provided access to sufficient drinking water? (At least one quart required per employee per hour)
[] Plumbed water [] Water cooler [] Bottled water [] Other (describe below):
How will employees be provided access to adequate shade when temperatures exceed 80F? Shade may be provided by any natural or artificial means that does not expose employees to unsafe or unhealthy conditions. Shade is not considered adequate when heat in the area does not allow the body to cool (e.g. sitting in a hot car).
[] Buildings or other manmade structures [] Trees [] Temporary Canopy or Tarp [] Vehicle with A/C [] Other (describe below):
Acclimatization Methods and Procedures
All employees will be closely observed by a supervisor or designee during a heat wave. For purposes of this section only, "heat wave" means any day in which the predicted high temperature for the day will be at least 80 degrees Fahrenheit and at least ten degrees Fahrenheit higher than the average high daily temperature in the preceding five days. An employee who has been newly assigned to a high heat area will be closely observed by a supervisor or designee for the first 14 days of the employee's employment.
Emergency Medical Procedures
How will effective communication by voice, observation, or electronic means be maintained so that employees at the work site can contact a supervisor or emergency medical services when necessary? (An electronic device, such as a cell phone or text messaging device, may be used for this purpose only if reception in the area is reliable. If an electronic device will not furnish reliable communication in the work area, the employer will ensure a means of summoning emergency medical services.)
What are the procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider?

What are the procedures for ensuring that in the event of an emergency, clear and precise directions to the worksite will be provided to emergency responders? (Attach maps and other documents as needed.)
Who is the designated person who will ensure that emergency procedures are invoked when appropriate?

High Heat Procedures (only required for agricultural, construction, landscaping and transportation workers when temperatures exceed 95F)
Who will conduct pre-shift meetings before the commencement of work to review the high heat procedures, encourage employees to drink plenty of water, and remind employees of their right to take a cool-down rest when necessary?
How will employees be monitored for alertness and signs or symptoms of heat illness? ≤ Direct supervision ≤ Buddy system ≤ Reliable cell or radio contact ≤ Other, describe below:
Who has been designated to call for emergency medical services if needed? Who will call if they are not available?
Who is in charge of reminding employees throughout the work shift to drink plenty of water?
Worksite Specific Heat Illness Prevention Plan Review and Training Documentation (to be completed by employees covered by the plan)
How will supervisors monitor weather conditions and ensure High Heat Procedures are implemented when temperatures meet or exceed 95F?
I certify that I have reviewed the above Heat Illness Prevention Plan for my worksite and have received adequate training on its implementation. Employee Name Employee Signature Date

Attachment D

Indoor Heat Illness Prevention Plan

Department/Unit/Person(s) covered: _____

Location(s) covered: _____

Responsible Person/Supervisor: _____

Completed by: _____ Title: _____ Date: _____

Supervisors must develop and implement an Indoor Heat Illness Prevention Plan for workers who may be exposed to indoor temperatures equal to or greater than 82F for more than 15 minutes during any 60 minute period or above 95F for any period of time. "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. All work areas that are not indoor are considered outdoor and covered by the UCSB Outdoor Heat Illness Prevention Program. Some workers may be covered by both.

Workers covered by this plan must complete general Heat Illness Prevention Training (https://www.learningcenter.ucsb.edu/login) and be trained on its specific procedures below prior to commencing work in accordance with the Cal/OSHA Indoor Heat Illness Regulation (8CCR3396). This plan must be readily available and in writing in both English and the language understood by the majority of the workers. These requirements do not apply to places of employment where employees are teleworking from a location of the employee's choice, which is not under the control of the employer or to emergency operations directly involved in the protection of life or property.

SECTION 1

How will workers be provided access to sufficient drinking water? (Workers must have access to fresh, pure, suitably cool potable drinking water free of charge. The water must be located as close as practicable to the areas where workers are working and in required indoor cool-down areas. Where drinking water is not plumbed or otherwise continuously supplied, it must be provided in sufficient quantity at the beginning of the work shift to provide one quart per worker per hour for drinking for the entire shift. Employers may begin the shift with smaller quantities of water if they have effective procedures for replenishment during the shift as needed to allow workers to drink one quart or more per hour. The frequent consumption of water must be encouraged.)

[] Plumbed water [] Water cooler [] Bottled water [] Other (please describe):

_____

How will workers be provided access to Cool-Down Areas? (Workers must have access to one or more cool-down areas at all times when temperatures exceed 82F. The cool-down area must be at least large enough to accommodate the number of workers on recovery or rest periods so that they can sit in a normal posture fully in the cool-down area without having to be in physical contact with each other. The cool-down area must be located as close as practicable to the areas where workers are working. The size of the cool-down area during meal periods must be at least large enough to accommodate the number of workers on the meal period who remain onsite. The temperature in indoor cool-down areas must be maintained at less than 82 degrees Fahrenheit, unless the employer demonstrates it is infeasible. Employers must allow and encourage workers to take a preventative cool-down rest in a cool-down area when workers feel the need to do so to protect themselves from overheating. Such access to cool-down areas must be permitted at all times.)

[] Cool-Down Area Location/s (within 10 minutes of work area):

_____

_____

[] Vehicle with functioning A/C

[] Other (please describe):

_____

_____

[] Not Feasible (please explain why and list feasible controls that will be implemented):

_____

_____

How will a worker who takes a preventative cool-down rest be monitored? (Workers who take a preventative cool-down rest must; (1) be monitored and asked if they are experiencing symptoms of heat illness; (2) be encouraged to remain in the cool-down area; and (3) must not be ordered back to work until any signs or symptoms of heat illness have abated, and in no event less than five minutes in addition to the time needed to access the cool-down area.

[] Observed by supervisor who has completed Heat Illness Prevention Training
[] Observed by co-worker who has completed Heat Illness Prevention Training (buddy system)
[] Regular check-ins using phone or other effective communication device (please describe):

_____
_____

How will heat waves be identified? (A heat wave is any day in which the predicted high outdoor temperature for the day will be at least 80 degrees Fahrenheit and at least ten degrees Fahrenheit greater than the average high daily outdoor temperature for the preceding five days)

[] National Weather Service (https://www.weather.gov)
[] National Integrated Heat Health Information System (heat.gov)
[] ReadySBC Alerts (https://www.readysbc.org/)
[] Other (please describe):

_____
_____

How will workers be effectively monitored during a heat wave where no effective engineering controls are in use to control the effect of outdoor heat on indoor temperatures? (All workers must be closely observed by a supervisor or designee during a heat wave.)

[] Observed by supervisor who has completed Heat Illness Prevention Training
[] Observed by co-worker who has completed Heat Illness Prevention Training (buddy system)
[] Regular check-ins using phone or other effective communication device (please describe):

_____
_____

First Aid and Emergency Response Procedures for an employee experiencing Heat Illness Symptoms (If a supervisor observes, or any worker reports, any signs or symptoms of heat illness in any worker, the supervisor must take immediate action commensurate with the severity of the illness. If the signs or symptoms are indicators of severe heat illness (such as, but not limited to, decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior or convulsions), the employer must implement emergency response procedures. A worker exhibiting signs or symptoms of heat illness must be monitored and must not be left alone or sent home without being offered onsite first aid and/or being provided with emergency medical services in accordance with the employer's emergency response procedures including contacting emergency medical services.)

Condition	Symptoms	Response
Heat stroke - Heat stroke is a severe medical emergency. Call 911, emergency medical services or get to a hospital immediately.	• High body temperature (above 103° F) • Red, hot skin • Rapid, strong pulse • Possible unconsciousness	• Call 911. • Get the victim to a cool place to lie down. Cool victim quickly with cool water from a shower, hose or wet clothes — whatever is available. However, do not put an unconscious person in a bath or shower. • Do not give fluids. • Get medical treatment immediately.
Heat exhaustion	• Heavy sweating • Weakness • Cold, pale and clammy skin • Fast, weak pulse • Nausea or vomiting • Fainting	• Move to a cooler location. • Lie down and loosen your clothing. • Apply cool, wet clothes to as much of your body as possible. • Sip water. • If you have vomited and it continues, seek immediate medical attention.
Heat Syncope	• Fainting •Dizziness or	• Have the individual sit or lie down in

	light-headedness •Pale, cool, moist skin	a cool, shaded or air-conditioned area and allow then to rest. •Encourage individual to drink water or other cool, nonalcoholic and non-caffeinated beverages.
Heat cramps	• Pains or spasms — often in the abdomen, arms or legs.	• Stop all activity and sit quietly in a cool place. • Drink clear juice or a sports drink. • Avoid strenuous activity for a few hours after the cramps stop. • Seek medical care for heat cramps that last longer than an hour. • Stretch the affected muscle to relieve the spasm
Heat Rash	• Clusters of red bumps on skin • Often appears on the neck, upper chest, and skin folds. Skin can be itchy, have mild swelling, or feel like it is prickling or burning.	• Cool the skin and avoid exposure to the heat that caused this condition.• Apply a cold ice pack wrapped in a towel for up to 10 minutes. • Work in a cooler, less humid environment when possible. • Keep the affected area dry. • Dusting powder may be used to increase comfort. • Wear loose clothing, less layers of clothing, or clothing made of cotton.
Rhabdomyolysis (Muscle Breakdown)	• Muscle cramps, aches, swelling, or pains that are more severe than expected • Dark Urine (Brown, red, tea or cola-colored) •Reduced urine output • Feeling weak or tired.	•Stop activity and resting •Drink more liquids (water or electrolytes and other clear liquids preferred). •Seek immediate care at the nearest medical facility.

How will effective communication by voice, observation, or electronic means be maintained so that workers at the work site can contact a supervisor or emergency medical services when necessary? (An electronic device, such as a cell phone or text messaging device, may be used for this purpose only if reception in the area is reliable. If an electronic device will not furnish reliable communication in the work area, the employer will ensure a means of summoning emergency medical services.)

[] Supervisor readily available onsite
[] Other effective means of electronic communication (e.g.: phone, cell phone, VFH radio, satellite phone or messaging device):
_____

Supervisor Contact Information: _____

Alternative Contact(s): _____

First Aid Equipment and Procedures: Follow the procedures outlined above and below based on the type and severity of heat-related illness.

Available First Aid Equipment: _____
_____
_____
First Aid Equipment Location: _____
_____

Non-emergency Medical Care Procedures: Individuals should seek care and move to a cool place right away if experiencing any of the following symptoms: Headaches • Faintness • Nausea • Vomiting

Non-emergency medical services contact numbers and locations:_____
_____
_____

Emergency Response Procedures: If the signs or symptoms are indicators of severe heat illness (such as, but not limited to, decreased level of consciousness, staggering, vomiting, disorientation, irrational behavior or convulsions) the procedures below must be implemented. If you are in a remote or difficult to access location, write down a protocol for how individuals will be transported to a place where they can be reached by emergency responders including maps if needed.

1. Contact Emergency Services:
    a. 911
    b. Alternative Emergency Service Contact Number or Protocol:
    _____
    _____

2. Provide emergency services with the following information:
    a. Your name
    b. Your location, address, and precise directions to the location if needed:
    _____
    _____
    _____
    _____
    c. Victim's name and symptoms
    d. First aid treatment given

3. Contact supervisor or designated person:
    _____

SECTION 2

High Heat Areas and Other Special Conditions: The following sections apply to workers who may be exposed to indoor temperatures at or above 82F for greater than 15 minutes during any 60 minute period unless a documented Heat Illness Risk Assessment indicates all of the following: (1) The temperature will not exceed 86 degrees Fahrenheit when employees are present; (2) The heat index will not exceed 86 degrees Fahrenheit when employees are present; (3) The workers do not wear clothing that restricts heat removal when the temperature equals or exceeds 82 degrees Fahrenheit; and (4) The workers do not work in a high radiant heat area.

How will new, returning, or otherwise unacclimated workers be observed? (Newly assigned, returning, or otherwise unacclimated workers must be closely observed by a supervisor or designee for the first 14 days of employment when they work in 1) An area where the temperature or heat index, whichever is greater, equals or exceeds 87 degrees Fahrenheit 2) An area where the temperature equals or exceeds 82 degrees Fahrenheit for employees who wear clothing that restricts heat removal 3) In a high radiant area where the temperature equals or exceeds 82 degrees Fahrenheit.)

[] Observed by supervisor who has completed Heat Illness Prevention Training
[] Observed by co-worker who has completed Heat Illness Prevention Training (buddy system)
[] Regular check-ins using phone or effective other communication device (please describe):
_____
_____
_____
_____

Feasibility assessment of Engineering Controls: Engineering controls must be used to reduce and maintain both the temperature and heat index to below 87 degrees Fahrenheit when workers are present, or to reduce the temperature to below 82 degrees Fahrenheit where workers wear clothing that restricts heat removal or work in

high radiant heat areas, except to the extent that the employer demonstrates such controls are infeasible. When such controls are infeasible to meet the temperature and heat index thresholds, the employer must: (1) Use engineering controls to reduce the temperature, heat index, or both, whichever applies, to the lowest feasible level, except to the extent that the employer demonstrates such controls are infeasible; and (2) Use engineering controls to otherwise minimize the risk of heat illness, except to the extent that the employer demonstrates such controls are infeasible. "Engineering control" means a method of control or a device that removes or reduces hazardous conditions or creates a barrier between the employee and the hazard. Examples of engineering controls that may be effective at minimizing the risk of heat illness in a particular work area are included below.

Type of Engineering Control	Feasibility (high/medium/low/NA)	Implementation Plan
Heat Source Removal or Reduction		
Heat Capture and Removal		
Heat Source Isolation/Shielding		
Heat Source Insulation		
Increase Ventilation		
Cooling Fans		
Effective Air Conditioning		
Other:		
Other:		

Feasibility assessment of Administrative Controls: Where feasible engineering controls are not sufficient to reduce and maintain the temperature and heat index to below 87 degrees Fahrenheit when workers are present or the temperature to below 82 degrees Fahrenheit where workers wear clothing that restricts heat removal or work in high radiant heat areas, administrative controls must be used to minimize the risk of heat illness, except to the extent that the employer demonstrates such controls are infeasible. "Administrative control" means a method to limit exposure to a hazard by adjustment of work procedures, practices, or schedules. Examples of administrative controls that may be effective at minimizing the risk of heat illness in a particular work area are included below.

Type of Administrative Control	Feasibility (high/medium/low/NA)	Implementation Plan
Reschedule Work for Cooler Period		
Modify Required Clothing		
Reduce Work Intensity/Speed		
Implement Work/Rest Schedule		
Acclimatize Workers		
Rotate Workers		
Use Relief Workers		
Other:		
Other:		

Feasibility of Personal Heat-Protective Equipment (PHPE): Where feasible engineering controls are not sufficient to reduce and maintain the temperature and heat index to below 87 degrees Fahrenheit when workers are present or the temperature to below 82 degrees Fahrenheit where workers wear clothing that restricts heat removal or work in high radiant heat areas and feasible administrative controls do not minimize the risk of heat illness, personal heat-protective equipment must be used to minimize the risk of heat illness, except to the extent that the employer demonstrates that use of such equipment is infeasible. "Personal heat-protective equipment" means equipment worn to protect the user against heat illness. Examples of personal heat-protective equipment that may be effective at minimizing the risk of heat illness are included below.

Type of PHPE	Feasibility (high/medium/low/NA)	Implementation Plan
Water-cooled Garments		
Air-cooled Garments		
Cooling Vests		
Wetted over-Garments		
Heat Reflective Clothing		
Personal Cooling Systems		
Other:		
Other:		

Worksite Specific Indoor Heat Illness Prevention Plan Review and Training Documentation (to be completed by workers covered by the plan)

I certify that I have reviewed the above Heat Illness Prevention Plan for my worksite and have received training on its implementation.

Worker Name	Worker Signature	Date

Attachment E

Plan de Prevención de Enfermedades por Calor en Interiores de UCSB

Departamento/Unidad/Persona(s) cubierta(s): _____

Ubicación(es) cubierta(s): _____

Persona Responsable/Supervisor: _____

Completado por: _____ Título: _____Fecha: _____

Los supervisores deben desarrollar e implementar un Plan de Prevención de Enfermedades Causadas por el Calor para trabajadores expuestos a temperaturas excediendo 82 °F durante más de 15 minutos por cada periodo de una hora, o a temperaturas superiores a 95 °F durante cualquier período de tiempo. El término "Interior" se refiere a un espacio que se encuentra debajo de un techo o cubierta la cual restringe el flujo de aire. El espacio está cerrado a lo largo de todo su perímetro por paredes, puertas, ventanas, divisores u otras barreras físicas que restringen el flujo de aire, ya sea abierto o cerrado. Todas las áreas de trabajo que no son interiores se consideran exteriores y están cubiertas por el Programa de Prevención de Enfermedades por Calor al Aire Libre de UCSB

Los trabajadores cubiertos bajo este plan deben completar el entrenamiento para la Prevención de Estrés Termico (https://www.learningcenter.ucsb.edu/login) y ser entrenados sobre los procedimientos antes de comenzar a trabajar para cumplir con el Reglamento de Enfermedades por Calor en Interiores de Cal/OSHA (8CCR3396). Este plan debe estar disponible por escrito tanto en inglés como en el idioma que entienda la mayoría de los trabajadores. Estos requisitos no se aplican a los lugares de trabajo de los cuales empleados que teletrabajan puedan seleccionar debido aque no estan bajo el control del empleador, ni a las operaciones de emergencia directamente relacionadas con la protección de la vida o la propiedad.

Sección 1

¿Cómo se proporcionará a los trabajadores acceso a agua potable suficiente? (Los trabajadores deben tener acceso gratuito a agua potable fresca, pura y adecuadamente fresca. El agua debe estar ubicada lo más cerca posible de las áreas donde los trabajadores están trabajando y en las áreas interiores de enfriamiento requeridas. Cuando el agua potable no esté conectada a un dispensador de agua o suministrada de manera continua, debe proporcionarse al comienzo del turno de trabajo en cantidad suficiente para proporcionar un cuarto de galón por trabajador por cada hora durante todo el turno. Los empleadores pueden comenzar el turno con cantidades más pequeñas de agua si tienen procedimientos efectivos para reponer el agua durante el turno según sea necesario asegurando que los trabajadores beban un cuarto de galón o más por hora. Se debe promover el consumo frecuente de agua).

- ☐ Agua potable
- ☐ Enfriador de agua
- ☐ Agua embotellada
- ☐ Otros (sírvase describir):

  _____

¿Cómo se les proporcionará a los trabajadores el acceso a las áreas de enfriamiento? (Los trabajadores deben tener acceso a una o más áreas de enfriamiento en todo momento cuando las temperaturas superen los 82 °F. El área de enfriamiento debe ser al menos lo suficientemente grande como para caber el número de trabajadores en períodos de recuperación o descanso, de modo que todos puedan sentarse en una postura normal en el área de enfriamiento sin tener que estar en contacto físico entre sí. El área de enfriamiento debe estar ubicada lo más cerca posible de las áreas donde están trabajando los empleados. El tamaño del área de enfriamiento durante los períodos de comida debe ser al menos lo suficientemente grande para acomedir a todos los trabajadores durante el período de comida mientras permanezcan ahí. La temperatura en las áreas interiores de enfriamiento debe mantenerse a menos de 82 grados Fahrenheit, a menos que el empleador demuestre que esto no es posible. Los empleadores deben permitir y apoyar a los trabajadores para que tomen un descanso preventivo para evitar sobre calentamiento evitar sobre calentamiento refrescarse en un área de enfriamiento cuando los trabajadores sientan la necesidad de hacerlo para protegerse del sobrecalentamiento. Dicho acceso a las áreas de enfriamiento debe estar permitido en todo momento).

☐ Ubicación/es del área de enfriamiento dentro de los 10 min. De área de trabajo:

_____

_____

☐ Vehículo con aire acondicionado en funcionamiento

☐ Otros (sírvase describir):

_____

_____

☐ No es posible (explique por qué y mencione los controles posibles que se implementarán):

_____

_____

¿Cómo se va a monitorear a un trabajador que se toma un descanso preventivo para evitar sobrecalentamiento? (Los trabajadores que toman un descanso preventivo para evitar sobrecalentamiento deben; (1) ser monitoreados y preguntarles si están experimentando síntomas de estrés térmico; (2) se le recomienda permanecer en el área de enfriamiento; y (3) no se le debe ordenar que regrese al trabajo hasta que los signos o síntomas de estrés térmico hayan disminuido y en ningún caso menos de cinco minutos además del tiempo necesario para acceder al área de enfriamiento.

☐ Observado por el supervisor que ha completado la Entrenamiento en Prevención de Enfermedades Causadas por el Calor

☐ Observado por un compañero de trabajo que ha completado la entrenamiento en prevención de enfermedades causadas por el calor (sistema de compañeros)

☐ Controles regulares por teléfono u otro dispositivo de comunicación eficaz (describa):

_____

_____

¿Cómo se identificarán las olas de calor? (Una ola de calor es cualquier día en el que la temperatura exterior alta pronosticada para el día será de al menos 80 grados Fahrenheit y al menos diez grados Fahrenheit mayor que la temperatura exterior diaria alta promedio de los cinco días anteriores)

☐ Servicio Meteorológico Nacional (https://www.weather.gov)

☐ Sistema Nacional Integrado de Información sobre la Salud del Calor (heat.gov)

☐ Alertas de ReadySBC (https://www.readysbc.org/)

☐ Otros (sírvase describirlos):

_____

_____

¿Cómo se monitoreará eficazmente a los trabajadores durante una ola de calor en la que no se utilizan controles de ingeniería efectivos para controlar el efecto del calor exterior en las temperaturas interiores? (Todos los trabajadores deben ser observados de cerca por un supervisor o persona designada durante una ola de calor).

☐ Observado por el supervisor que ha completado la Capacitación en Prevención de Enfermedades Causadas por el Calor

☐ Observado por un compañero de trabajo que ha completado la capacitación en prevención de enfermedades causadas por el calor (sistema de compañeros)

☐ Controles regulares por teléfono u otro dispositivo de comunicación eficaz (describa):

_____

_____

Primeros Auxilios y Procedimientos de Respuesta de Emergencia para un empleado que experimenta síntomas de estrés térmico (Si un supervisor observa, o cualquier trabajador informa, algún síntoma de estrés térmico en cualquier trabajador, el supervisor deberá tomar medidas inmediatas proporcionales a la gravedad de la enfermedad. Si los signos o síntomas son indicadores de una enfermedad grave por calor (como, entre otros, disminución del nivel de conciencia, tambaleos, vómitos, desorientación, comportamiento irracional o convulsiones), el empleador debe implementar procedimientos de respuesta de emergencia. Un trabajador que presente signos o síntomas de enfermedad causada por el calor debe ser monitoreado y no debe ser dejado solo o enviado a casa sin que se le ofrezcan primeros auxilios en el lugar y/o se le proporcionen servicios médicos de

emergencia de acuerdo con los procedimientos de respuesta a emergencias del empleador, incluido el contacto con los servicios médicos de emergencia).		
Condición	Síntomas	Respuesta
Golpe de calor - El golpe de calor es una emergencia médica grave. Llamar 911, servicios médicos de emergencia o llegar a un hospital de inmediato.	• Temperatura corporal alta (por encima de 103° F) • Piel enrojecida y caliente • Pulso rápido y fuerte • Posible pérdida del conocimiento	• Llame al 911. • Lleve a la víctima a un lugar fresco para que se acueste. Enfríe a la víctima rápidamente con agua fría de una ducha, manguera o ropa mojada, lo que esté disponible. Sin embargo, no ponga a una persona inconsciente en un baño o ducha. • No administre líquidos. • Reciba tratamiento médico de inmediato.
Agotamiento por calor	• Sudoración abundante • Debilidad • Piel fría, pálida y húmeda • Pulso rápido y débil • Náuseas o vómitos • Desmayos	• Muévase a un lugar más fresco. • Acuéstese y afloje la ropa. • Aplique ropa fría y húmeda en la mayor parte posible de su cuerpo. • Bebe sorbos de agua. • Si ha vomitado y continúa, busque atención médica inmediata.
Síncope por calor	• Desmayos •Mareos o aturdimiento •Piel pálida, fría y húmeda	• Haga que la persona se siente o se acueste en un área fresca, sombreada o con aire acondicionado y permita que descanse. •Aliente a la persona a beber agua u otras bebidas frías, no alcohólicas y sin cafeína.
Calambres por calor	• Dolores o espasmos, a menudo en el abdomen, los brazos o las piernas.	• Detenga toda actividad y siéntese en silencio en un lugar fresco. • Beba jugo claro o una bebida deportiva. • Evite las actividades extenuantes durante unas horas después de que cesen los calambres. • Busque atención médica para los calambres por calor que duran más de una hora. • Estirar el músculo afectado para aliviar el espasmo
Erupción por calor	• Grupos de protuberancias rojas en la piel • A menudo aparecen en el cuello, la parte superior del pecho y los pliegues de la piel.	• Enfríe la piel y evite la exposición al calor que causó esta afección.• Aplique una bolsa de hielo fría envuelta en una toalla hasta por 10

	La piel puede picar, tener una hinchazón leve o sentir que pica o arde.	minutos. • Trabaje en un ambiente más fresco y menos húmedo cuando sea posible. • Mantenga seca la zona afectada. • Se puede usar polvo para polvo para aumentar la comodidad. • Use ropa amplia, menos capas de ropa o ropa hecha de algodón.
Rabdomiólisis (Degradación muscular)	• Calambres musculares, dolores, hinchazón o dolores más intensos de lo esperado • Orina oscura (marrón, roja, color té o cola) •Disminución de la producción de orina • Sensación de debilidad o cansancio.	•Dejar de hacer actividad y descansar •Beba más líquidos (preferiblemente agua o electrolitos y otros líquidos claros). •Busque atención inmediata en el centro médico más cercano.

¿Cómo se mantendrá una comunicación efectiva por voz, observación o medios electrónicos para que los trabajadores en el lugar de trabajo puedan comunicarse con un supervisor o servicios médicos de emergencia cuando sea necesario? (Un dispositivo electrónico, como un teléfono celular o un dispositivo de mensajería de texto, se puede usar para este propósito solo si la recepción en el área es confiable. Si un dispositivo electrónico no proporciona una comunicación confiable en el área de trabajo, el empleador garantizará un medio para llamar a los servicios médicos de emergencia).

[] Supervisor disponible en el sitio
[] Otros medios eficaces de comunicación electrónica (por ejemplo: teléfono, teléfono móvil, radio VFH, teléfono satelital o dispositivo de mensajería):
_____

Información de contacto del supervisor: _____

Contacto(s) alternativo(s): _____

Equipo y procedimientos de primeros auxilios: Siga los procedimientos descritos anteriormente y a continuación según el tipo y la gravedad de las enfermedades relacionadas con el calor.

Equipo de primeros auxilios disponible:
_____
_____
_____
Equipo de primeros auxilios Ubicación: _____
_____

Procedimientos de atención médica que no sean de emergencia: Las personas deben buscar atención médica y trasladarse a un lugar fresco de inmediato si experimentan alguno de los siguientes síntomas: Dolores de cabeza • Desmayos • Náuseas • Vómitos

Números de contacto y ubicaciones de servicios médicos que no son de emergencia:_____
_____

_____

Procedimientos de respuesta a emergencias: Si los signos o síntomas son indicadores de una enfermedad grave por calor (como, entre otros, disminución del nivel de conciencia, tambaleos, vómitos, desorientación, comportamiento irracional o convulsiones), se deben implementar los procedimientos a continuación. Si se encuentra en un lugar remoto o de difícil acceso, escriba un protocolo sobre cómo se transportará a las personas a un lugar donde los servicios de emergencia puedan llegar a ellas, incluidos mapas si es necesario.

1. Contactos de emergencia:
    a. 911
    b. Número de contacto o protocolo del servicio de emergencia alternativo:_____

2. Proporcionar a los servicios de emergencia la siguiente información:
    a. Su nombre
    b. Su ubicación, dirección e indicaciones precisas para llegar al lugar si es necesario: _____
    c. Nombre de la víctima y síntomas
    d. Tratamiento de primeros auxilios

3. Contacto de supervisor o la persona designada: _____

Sección 2

Áreas de alto calor y otras condiciones especiales: Las siguientes secciones se aplican a los trabajadores que pueden estar expuestos a temperaturas interiores iguales o superiores a 82 °F durante más de 15 minutos durante cualquier período de 60 minutos, a menos que una medición documentada evaluación del riesgo de enfermedades por calor indique todo lo siguiente: (1) La temperatura no excederá los 86 grados Fahrenheit cuando los empleados estén presentes; (2) El índice de calor no excederá los 86 grados Fahrenheit cuando los empleados estén presentes; (3) Los trabajadores no usan ropa que restrinja la eliminación de calor cuando la temperatura sea igual o superior a 82 grados Fahrenheit; y (4) Los trabajadores no trabajan en un área de alto calor radiante.

¿Cómo se observará a los trabajadores nuevos, a los que regresan o a los que no están aclimatados? (Los trabajadores recién asignados, que regresan o que no están aclimatados deben ser observados de cerca por un supervisor o persona designada durante los primeros 14 días de empleo cuando trabajen en 1) Un área donde la temperatura o el índice de calor, el que sea mayor, iguala o supera los 87 grados Fahrenheit 2) Un área donde la temperatura es igual o superior a 82 grados Fahrenheit para los empleados que usan ropa que restringe la eliminación de calor 3) En un área radiante alta donde la temperatura es igual o superior a 82 grados Fahrenheit).

[] Observado por el supervisor que ha completado la Capacitación en Prevención de Enfermedades Causadas por el Calor
[] Observado por un compañero de trabajo que ha completado el entrenamiento deprevención de enfermedades causadas por el calor (sistema de compañeros)
[] Llamadas regulares por teléfono u otro dispositivo de comunicación eficaz (describa):
_____
_____
_____
_____

Evaluación de factibilidad de los controles de ingeniería: Los controles de ingeniería deben usarse para reducir y mantener tanto la temperatura como el índice de calor por debajo de los 87 grados Fahrenheit cuando los trabajadores están presentes, o para reducir la temperatura a menos de 82 grados Fahrenheit donde los trabajadores usan ropa que restringe la eliminación del calor o trabajan en áreas de calor radiante alto, excepto en la medida en que el empleador demuestre que dichos controles son inviables. Cuando dichos controles son

inviables para cumplir con los umbrales de temperatura e índice de calor, el empleador debe: (1) Usar controles de ingeniería para reducir la temperatura, el índice de calor o ambos, según corresponda, al nivel más bajo posible, excepto cuando el empleador demuestre que dichos controles son inaccesibles; y (2) Usar controles de ingeniería para minimizar el riesgo de enfermedades causadas por el calor, excepto en la medida en que el empleador demuestre que dichos controles son inaccesibles. "Control de ingeniería" significa un método de control o un dispositivo que elimina o reduce las condiciones peligrosas o crea una barrera entre el empleado y el peligro. A continuación se incluyen ejemplos de controles de ingeniería que pueden ser efectivos para minimizar el riesgo de enfermedades causadas por el calor en un área de trabajo en particular.

Tipo de control de ingeniería	Factibilidad (alta/media/baja /NA)	Plan de Implementación
Eliminación o reducción de la fuente de calor		
Captura y eliminación de calor		
Aislamiento/blindaje de la fuente de calor		
Aislamiento de la fuente de calor		
Aumentar la ventilación		
Ventiladores de refrigeración		
Aire acondicionado eficaz		
Otro:		
Otro:		

Evaluación de la viabilidad de los controles administrativos: Cuando los controles de ingeniería viables no sean suficientes para reducir y mantener la temperatura y el índice de calor por debajo de los 87 grados Fahrenheit cuando hay trabajadores presentes o la temperatura por debajo de los 82 grados Fahrenheit cuando los trabajadores usan ropa que restringe la eliminación del calor o trabajan en áreas de calor radiante alto, se deben utilizar controles administrativos para minimizar el riesgo de enfermedades causadas por el calor. excepto en la medida en que el empleador demuestre que dichos controles son inviables. "Control administrativo" significa un método para limitar la exposición a un peligro mediante el ajuste de procedimientos, prácticas u horarios de trabajo. A continuación se incluyen ejemplos de controles administrativos que pueden ser efectivos para minimizar el riesgo de enfermedades causadas por el calor en un área de trabajo en particular.

Tipo de Control Administrativo	Factibilidad (alta/media/baja /NA)	Plan de Implementación
Reprogramar el trabajo para el período más fresco		
Modificar la ropa requerida		
Reducir la intensidad/velocidad del trabajo		
Implementar un horario de trabajo/descanso		

Aclimatar a los trabajadores		
Rotar trabajadores		
Usar trabajadores de socorro		
Otro:		
Otro:		

Disponibilidad del Equipo Personal de Protección contra el Calor (PHPE): Cuando sean disponibles, los controles de ingeniería no sean suficientes para reducir y mantener la temperatura y el índice de calor por debajo de los 87 grados Fahrenheit mientras haya trabajadores presentes, o la temperatura por debajo de los 82 grados Fahrenheit cuando los trabajadores usan ropa que restringe la eliminación del calor o trabajan en áreas de alto calor radiante y los controles administrativos factibles no minimizan el riesgo de enfermedades causadas por el calor, Se debe usar equipo personal de protección contra el calor para minimizar el riesgo de enfermedades causadas por el calor, excepto en la medida en que el empleador demuestre que el uso de dicho equipo es inviable. Por "equipo personal de protección contra el calor" se entiende el equipo que se usa para proteger al usuario contra las enfermedades causadas por el calor. A continuación se incluyen ejemplos de equipos personales de protección contra el calor que pueden ser eficaces para minimizar el riesgo de enfermedades causadas por el calor.

Tipo de PHPE	Disponibilidad (alta/media/baja /NA)	Plan de Implementación
Prendas refrigeradas por agua		
Prendas refrigeradas por aire		
Chalecos de enfriamiento		
Prendas mojadas		
Ropa reflectante del calor		
Sistemas de refrigeración personal		
Otro:		
Otro:		

Documentación de Revisión y Entrenamiento del Plan de Prevención de Enfermedades por Calor Interior Específico del Lugar de Trabajo (debe ser completado por los trabajadores cubiertos por el plan)
Certifico que he revisado el Plan de Prevención de Enfermedades Causadas por el Calor mencionado anteriormente para mi lugar de trabajo y que he recibido capacitación sobre su implementación.

Nombre del Empleado	Firma del Empleado	Fecha
