

# Heat Illness prevention and compliance reminder

## Heat Illness prevention and compliance reminder (<https://www.cstcsafety.com/blog/heat-illness-prevention-and-compliance-reminder>)

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Posted by Terra Lavery

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## Heat Illness prevention and compliance reminder

I highly recommend formal Heat Illness Prevention training, which includes a test, supporting employees and supervisors in understanding their responsibilities under the heat illness regulation.

When performing a Heat Illness program audit my top five elements that I look for include:

1. Provide 1 quart of water per employee per hour.
2. Be sure that shade and water is as close as practicable. Ideally within 300 feet.
3. Make sure employees and supervisors understand symptoms, and that they have a right to take a break whenever they experience any symptoms.
4. Make sure employees and supervisors know what acclimatization is. If there's a new employee, Cal/OSHA is likely looking for a buddy system for the first 14 days during acclimatization.
5. Make sure that you have your heat illness prevention program at the worksite. Sometimes this might mean having the heat illness prevention program in the vehicle or equipment that an employee is using to perform work at day as they may be working independently and not in a set location.

If you have any questions or would like to schedule Heat Illness Prevention training or a program audit please contact us.

Have a great and safe day.

Tags: Ben IV Lavery (<https://www.cstcsafety.com/blog/category/ben-iv-lavery>), Heat Illness (<https://www.cstcsafety.com/blog/category/heat-illness>), OSHA (<https://www.cstcsafety.com/blog/category/osha>)

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