

HIGH HEAT Central Valley California.

**HIGH HEAT Central Valley California. (
<https://www.cstcsafety.com/blog/high-heat-central-valley-california>)**

Posted by Terra Lavery

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If you are living in the warm climate of the San Joaquin/Central Valley of California, then heat illness is an environmental reality. This week the temperatures are over 95 degrees which is the “high heat” threshold for several California regulatory requirements including a morning tailgate meeting to encourage workers to drink enough water(see below CSTC’s email tailgate). Companies must provide 1 quart per person per hour throughout the day. If you are working 10 hours this could be accomplished by having a 2.5 gallon insulated jug with procedures for replenishment. Employers must also provide a 10 minute cool down recovery period for every 2 hours worked in temperatures over 95 degrees.

For us at CSTC we utilize an email to communicate to our instructors/inspectors for the tailgate reminder. For complete requirements see Cal/OSHA Title 8 3395.

Have a great and safe day!

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