

## **OSHA is Turning Up the Heat: Will Your Heat Illness Prevention Program Be Cool and Compliant?**

*By Amy Leung, CSP, ARM  
Risk Control Advisor*

Having an effective Heat Illness Prevention Program has been a given for a number of years. However, recently there have been some significant changes and requirements that became effective on May 1, 2015. Is your program up to date with these changes? Have you re-trained your employees with this new information?

Some of the key requirements of an effective Heat Illness Prevention Program have been amended including: addressing access to water, shade, high heat procedures, written procedures, acclimatization, weather monitoring, and employee and supervisory training.

**Trigger Temperature for the Provision of Shade**  
Shade is now required when the temperature reaches 80 degrees (it was previously 85 degrees). Employers are expected to know if the temperature is expected to exceed the trigger temperature and need to plan accordingly.

### **Shade**

The language was amended to include a provision that shade, whether artificial or natural, does not expose employees to unsafe or unhealthy conditions and "...that it does not deter nor discourage access

or use." Basically, shade must be easy for employees to reach. Workers should not encounter any obstacles or hazardous or unreasonably unpleasant conditions while moving toward the shade or resting in the shade. There now should be enough shade available for the number of employees who could take a preventative cool down rest, break or meal period at any one time.



### **Provision of Water**

The language was amended to specify that water is to be provided free of charge as is to be fresh, pure, suitably cool and located as close as possible to where employees are working. The purpose of these specific conditions is to encourage workers to drink water often and to avoid significant interruption in an employee's work in order to do so.

### **High Heat Procedures**

High Heat Procedures need to be implemented when the temperature reaches 95 degrees. Part of the revised language includes wording that the em-

*OSHA (continued on page 2)*

(continued from page 1) OSHA

ployer must implement one or more of the following: they must have a supervisor/designee observe the employees, or institute a mandatory buddy system or have regular communication with the employee. Holding a pre-shift meeting is required where, among other topics, employees are encouraged to drink plenty of water throughout their shift and are reminded that they have the right to take a cool-down rest break when necessary.

### **Emergency Response Procedures**

The amended language spells out that emergency medical services must be provided as quickly as possible if an employee suffers heat illness and what to do if employees cannot reach those services directly (for example, because cell phone coverage is unavailable). An emergency response procedure or plan must be developed, implemented and be part of the training for employees and supervisorial staff.

### **Acclimatization**

Employees now need to be closely observed by a supervisor during a heat wave. "Heat wave" is defined here as any day in which the predicted high temperature for the day will be at least 80 degrees and at least ten degrees higher than the average high daily temperature in the preceding 5 days. Workloads should be adjusted accordingly to allow for physical demands.

### **Training**

An employee's training must include what the employer's responsibilities are regarding provision of water, shade, cool-down rests, access to first aid, types of heat illness, environmental/personal risk factors for heat illness and emergency response procedures. Supervisory staff should also have specific training on heat illness prevention management and scope of authority on employee rest breaks and emergency response.

## **Risk Management Seminars**

### **Building a Respectful Workplace**

Friday, June 12 - 7:30am Registration  
**8:00am - 10:00am** Program

### **Workers' Compensation 101 for 2015**

Friday, July 10 - 7:30am Registration  
**8:00am - 10:00am** Program

### **Benefits of "Real Time" Performance Management and Documentation**

Friday, August 14 - 7:30am Registration  
**8:00am - 10:00am** Program

### **Reserve Early, Seating is Limited!**

To register, click on the 'register now' button in the announcement email, or contact Bethany Mongold at [mongold@cavnac.com](mailto:mongold@cavnac.com) or call 619-744-0540.

### **Written Heat Illness Prevention Plan**

If there are non-English speaking employees, the plan must also be translated to the language understood by the majority of employees. A copy of the plan(s) must be available at the worksite.

A common question is: Can a single contractor/vendor supply water and/or shade for all contractors/vendors on site? The answer is yes, but every individual employer is still responsible for implementing an effective Heat Illness Prevention Program for their respective employees. Agreement to accept delegation or sharing of specific responsibilities of the program between parties will not absolve any violations. Employers are ultimately responsible for their respective employees.

For further information on updating your existing program, click on the link below to the "Heat Illness Prevention Regulation Amendments – Guidance for Employers and Employees on the New Requirements" as released by Cal-OSHA on March 23rd.

<https://www.dir.ca.gov/dosh/documents/Heat-Illness-Prevention-Regulation-Amendments.pdf>

# LIVE WELL



# WORK WELL

June 2015

## USDA's Food App

If you're like most people, you've bought groceries only to have to toss the spoiled remainder before you or your family had a chance to eat it. Throwing out spoiled or expired food is frustrating and wasteful, but tracking when each food goes bad can be difficult. Well, now there's an app for that!

Recently released for Apple and Android devices, the FoodKeeper app includes information on more than 400 items, and the app gives you the ability to access cooking and storage tips, receive food expiration notifications and submit questions to the "Ask Karen" feature, which provides information on a variety of issues including preventing foodborne illness and safely preparing meat and poultry products.

The FoodKeeper app was released in early April 2015 by the U.S. Department of Agriculture (USDA) as part of the larger U.S. Food Waste Challenge, which began in 2013 in partnership with the U.S. Environmental Protection Agency.

## The Health Benefits of Sunlight Exposure

Most people are familiar with the risks of unprotected sun exposure, such as sunburn, wrinkles, freckles, eye damage and skin cancer.

However, although overexposure to the sun is bad for your health, getting **enough** exposure to sunlight is necessary and beneficial. Adequate time in the sun gives you several benefits:

- A boost in serotonin, a neurotransmitter that regulates your appetite, sleep, memory and mood
- Support of your circadian rhythm, which leads to better sleep—sunlight "turns off" melatonin production each morning, which is the hormone that makes you feel drowsy as it gets darker at night
- Production of Vitamin D, which is needed for important body functions such as strengthening your bones and contributing to your immune system
- Relief of stress and pain, and help for individuals suffering from seasonal affective disorder (SAD), a type of depression
- Lowered risk for nearsightedness—research indicates that children who spend more time exposed to sunshine outside may reduce their risk of becoming nearsighted

The key to reaping the health benefits of sunlight while avoiding the risks is balance and moderation. The U.S. National Institutes of Health recommend about 10 to 15 minutes in the sun without sunscreen. The time of day and your skin pigmentation will affect how much unprotected time in the sun is healthiest for you.

It's especially important to wear sunscreen or limit direct sun exposure between 10 a.m. and 4 p.m., when the sun's rays are the strongest. And while you're out enjoying the sunshine, don't forget UV-blocking sunglasses to protect your eyes.

# Swimming for Exercise

Swimming is often a summertime favorite for children, but it's also a great form of exercise for individuals of all ages. What sets swimming apart from other workouts?

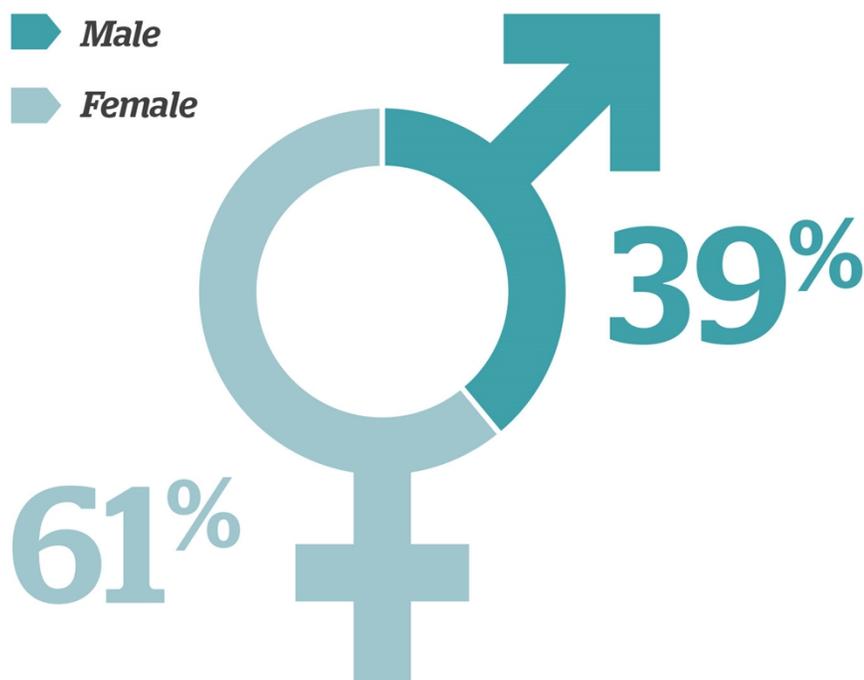
- It's low impact, which is ideal for anyone with overworked or injured joints.
- It's a form of resistance training that strengthens muscles all over your body, especially your core.
- It's an aerobic exercise, strengthening your heart and improving lung efficiency.

If you're a novice swimmer, start slowly to build up how long and far you're able to swim.

# Cataract Awareness Month

Cataracts are a clouding of the eye's lens that impacts vision—sometimes leading to blindness. The specific cause(s) of cataracts is not known, but the risk typically increases due to age, smoking, alcohol use, prolonged exposure to sunlight and diseases such as diabetes.

**Cataracts are more prevalent in females than males.**



# Enchiladas

This version of enchiladas is a great pick for a tasty, healthful meal when you're short on prep time.

- Nonstick cooking spray
- 1 24-ounce can chili without beans
- 1 ½ cups canned, low-sodium, non-fat, refried beans
- 2 cups low-fat cheddar or Monterey Jack cheese, shredded
- 8 large flour tortillas

Preheat oven to 350 degrees F. Cover a cookie sheet with foil and spray with nonstick cooking spray.

In a medium-sized saucepan, heat chili and refried beans until warm (do not boil).

Spoon about half of the chili mixture evenly onto each tortilla, sprinkle with cheese and roll up.

Place side by side on the cookie sheet with seam side down. Top the tortillas with the remaining chili mixture. Sprinkle them with the remaining cheese.

Bake for 10 minutes or until cheese is melted.

Yield: 8 servings. Each serving provides 310 calories, 17 g of fat, 6 g of saturated fat, 500 mg of sodium, 17 g of protein and 4 g of fiber.

Source: USDA



# Spotlight On



**Cavnac & Associates is proud to support local and non-profit civic organizations, including Toussaint Academy**



## **Mission**

The mission of Toussaint Academy San Diego is to assist homeless youth to reach self-sufficiency by providing a safe and stable living environment and a continuum of education and supportive services.

## **Services**

Toussaint Academy San Diego offers comprehensive services to homeless and runaway youth ages 14-18. They provide 35 transitional beds, specialized educational services, and an array of social services aimed at providing youth the tools needed to achieve self-sufficiency.

## **Testimonials**

"When I was living at TASD, I didn't like the rules. After I left, I realized they taught me a lot because I am somebody."

*Maria (TASD resident 2003-2005)*

"I really owe a lot to staff for giving me a better grasp on reality and helping me see how tough the real world can be and for helping me get ready for it."

*Aaron (TASD resident 2007-2009)*

*For more information about Toussaint Academy, go to [www.toussaintacademy.org](http://www.toussaintacademy.org)*