



Almond Alliance

HEAT ILLNESS PREVENTION RESOURCES, EDUCATION, AND PUBLICATIONS

In California, employers must take steps to protect outdoor workers from heat illness with water, rest, shade and training. Heat illness prevention training is required for all outdoor workers and a written prevention plan must be available at all outdoor worksites.

EMPLOYERS ARE REQUIRED TO TAKE THESE FOUR STEPS TO PREVENT HEAT ILLNESS:

TRAINING: Train all employees and supervisors about heat illness prevention.

WATER: Provide enough fresh water so that each employee can drink at least 1 quart per hour, or four 8-ounce glasses, of water per hour, and encourage them to do so.

SHADE: Provide access to shade and encourage employees to take a cool-down rest in the shade for at least 5 minutes. They should not wait until they feel sick to cool down.

PLANNING: Develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard.



Heat Illness Prevention
Water. Rest. Shade.

**BELOW ARE LINKS TO HEAT ILLNESS PREVENTION ONLINE RESOURCES,
MATERIALS AND PRINTABLE FLYERS TO USE IN YOUR WORKPLACE THIS SEASON:**

For Employers:

- Heat Illness Prevention Training Materials 2023
 - [English](#)
 - [Spanish](#)
- Heat Illness Prevention Enforcement Q & A, [Click here](#)
- Cal/OSHA Consultation Services Heat Illness Prevention etool, [Click here](#)
- Employer Sample Procedures for Heat Illness Prevention, [Click here](#)
- Health Effect of Heat Posters: [Agriculture](#), [Construction](#)
- CAL/OSHA Guidance on the New Requirements, [Click here](#)

For Workers:

- Pocket Guide: Protect yourself from Heat Illness, [Click here](#)
- Heat Safety Fact Sheet, [Click here](#)
- File a Health & Safety Complaint , [Click here](#)
- Additional Heat Illness Prevention Resources, [Click here](#)

Training and Education:

Materials available for order by email at heat@dir.ca.gov to order copies of the below materials at no cost. ([99 Calor Campaign Page](#)) Material is also available for download, including Heat Illness Prevention videos and discussion guides in multiple languages.

- Pocket Guide (English/Spanish), [Click here.](#)
- Illustrated Fact Sheets,[English](#), [Spanish](#)
- Illustrated Poster, English,[Spanish](#)
- Community Training Guide, English, [Spanish](#)
- Supervisor's Daily Checklist for the Worksite,[English](#), [Spanish](#)
- Heat Illness Prevention,[Click here.](#)

Additional Materials:

Winton-Ireland Storm & Green Insurance Services:

- Agriculture Beating the Heat by Staying Hydrated (Spanish), [Click here.](#)
- Agriculture Beating the Heat by Staying Hydrated (English),[Click here.](#)
- Agriculture - Working Outdoors in the Summer (Spanish), [Click here.](#)
- Agriculture - Working Outdoors in the Summer (English),[Click here.](#)

OSHA:

- OSHA Heat Illness Safety Poster (Spanish),[Click here.](#)
- OSHA Heat Illness Safety Poster (English),[Click here.](#)

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT STAFF@ALMONDALLIANCE.ORG