



Pacific Maritime Association

Accident Prevention Department
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SAFETY BULLETIN 01-2014

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Heat Illness Prevention Programs

This Safety Bulletin is a reminder for the annual review of your Heat Illness Prevention Program and the related required refresher training. To assist you with this compliance PMA will distribute a jointly approved ILWU-PMA Coast Safety Committee Safety Tip Flyer (May 2014) to the workforce. This Safety Tip Flyer includes the primary employee training points.

The Federal OSHA (Oregon adopted), California OSHA, and Washington Heat Illness Prevention Programs have been in existence for several years and terminals should have established compliance programs in place. There are detailed requirements on what your state specific program/s should include.

Main points of the Federal OSHA(Oregon)/California OSHA standards:

- Requires a written company plan.
- Supervisors must be “effectively” trained.
- Employees must be “effectively” trained before exposure.
- Provide shade if the temperature exceeds 85 degrees.
- Implement High Heat Procedures if the temperatures equal or exceed 95 degrees.
- Summon emergency medical assistances IMMEDIATELY as necessary.
- Provide first aid IMMEDIATELY as necessary.
- Designating a person to be available to ensure that emergency procedures are invoked.

The employer's procedures for complying with each requirement of this standard shall be in writing and shall be made available to employees and to representatives of the Division upon request. The regulations require “effective” training of Supervisors and Employees on the reasonable assumption that someone may be exposed to even the risk of heat illness.

Federal OSHA (Oregon OSHA refers to Fed OSHA) and California OSHA provide detailed Heat Illness Prevention information, the regulations, training requirements, training material, and employer check lists on their websites:

<https://www.osha.gov/SLTC/heatillness/index.html>

<http://www.cbs.state.or.us/external/osha/relatedlinks/heatillness.html>

<https://www.dir.ca.gov/dosh/heatillnessinfo.html>

Main Points of the Washington State Heat Illness Standard:

The Washington State Standard has been in-place since 1999.

- Regulations are active from **May 1 to Sept 30** yearly only when employees are exposed to outdoor heat at or above an applicable temperature listed in “Table 1”.
- Requires a written heat exposure safety program within the **written accident prevention program (APP)**.
- **Supervisors must be trained** prior to outdoor work which exceeds a temperature listed in the “Table 1” and **annually** thereafter.
- **Employees** who may be exposed to outdoor heat at or above temperatures in the “Table 1” **must be trained in a language they understand before exposure, and annually thereafter.**
- These Heat Illness rules do not apply to incidental exposure which exists if an employee is not required to perform a work activity outdoors for more than fifteen minutes in any sixty minute period. This exception may be applied every hour during the work shift.

(WAC 296-62-09510) “Table 1” Outdoor Temperature Action Levels

All other clothing	89°
Double-layer woven clothes including coveralls, jackets and sweatshirts	77°
Non-breathing clothes including vapor barrier clothing or PPE such as chemical resistant suits	52°

The regulations stress the importance of keeping hydrated, and mandate that the employer supply a “sufficient quantity” of drinking water and encourage workers to drink it even if they are not thirsty. Additionally the regulations provide that the employer must give the employee the “opportunity” to consume the water.

The regulation and detailed information on employer responsibilities, employee responsibility, and training requirements are available on the Washington State Department of Labor & Industries website:

<http://www.lni.wa.gov/safety/topics/atoz/heatstress/default.asp>