



## Cal/OSHA Heat Safety

California employers are required to take these four steps to prevent heat illness:

### 1. Training

Train all employees and supervisors about heat illness prevention.

### 2. 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.*

### 3. 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.*

### 4. Planning

Develop and implement written procedures for complying with the [Cal/OSHA Heat Illness Prevention Standard](#).



## Heat Illness Prevention

Water. Rest. Shade.

**When working outdoors in the heat, stay safe and healthy.**

- Wear a hat and light-colored clothing
- Watch out for each other
- Know where you are working in case you need to call 911

***The material in this newsletter should be part of your Injury & Illness Prevention Plan (IIPP).***

## Playground Inspections



Playground equipment and play areas should meet the requirements of the Consumer Product Safety Commission Guidelines for Public Playground Safety. H&S Code, Title 22, Division 4, Chapter 22. **As of January 1, 2000, California requires all public playgrounds to be inspected by a Certified Playground Safety Inspector.**

Over 200,000 children in the United States are treated for playground related injuries each year. With those injuries, 75% of them occur on public or school playgrounds. Statistics show that children ages 5-9 are most impacted by these injuries, but they do not have to happen at your sites. There are several steps that can be taken to help reduce the risk. Your maintenance staff and playground supervisors play a key role in making sure that your playgrounds are safe for your student population.

### Surfacing material and surfacing depth:

- Should not fall below 9 inches
- Must be inspected regularly

### High frequency/routine inspections by district staff:

- Review the condition of playground & equipment
- Identify issues such as vandalism, surfacing displacement, debris in the yard and broken equipment and address accordingly

### Periodic inspections by SISC to address:

- Inadequate use zones
- Protrusion and entanglement
- Tripping hazards
- Insufficient equipment spacing
- Lack of supervision
- Age appropriate activities
- Lack of maintenance
- Crush, shearing, and sharp edge hazards
- Platforms without guardrails
- Equipment not recommended for public playgrounds

## District Summer Safety Check



## Protecting Workers from Heat Stress

### Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

### Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake

### Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

### Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

### Supervisors must be trained on the following:

- The heat standard requirements
- The procedures they must follow to implement the requirements
- Procedures to follow when a worker exhibits or reports symptoms consistent with possible heat illness, including emergency response procedures and first aid.
- How to monitor weather reports and how to respond to hot weather advisories.

Keeping students and staff safe is our number one priority. Safety equipment, HVAC systems, and security systems must be checked regularly to make sure they are functioning properly. Perform necessary outside safety maintenance and repairs.

### Safety Equipment

- ✓ Check that all fire extinguishers are up to date and inspected. All should be clearly labeled and easily accessible. The official inspection should be completed annually.
- ✓ Test all fire alarms. Just like the fire extinguishers, a qualified fire inspector must test the alarms on an annual basis.
- ✓ Verify that all first aid kits are easily located by everyone on site. Check that they are stocked with the necessary supplies and ready to go for the next school year.
- ✓ Summer is also a great time to tackle bigger projects. Have some of your school functions changed due to Covid-19? Are there updates you can make to better meet those new needs?
- ✓ Proper evacuation plans must be posted clearly and visible.
- ✓ Test emergency lights and generators. Be sure to verify that battery power is ready to go.

### HVAC Systems

- ✓ Filters and ducts should be inspected, updated and cleaned.

### Security Systems

- ✓ Equipment should be inspected.
- ✓ Camera placement evaluated and adjusted, if necessary.
- ✓ Revisit emergency plans, particularly if there have been significant changes to a site, such as room reconfigurations, additions or other building projects.

### Outside Safety Maintenance

- ✓ Clean up the landscaping for fire safety.
- ✓ Clean and inspect gutters and downspouts to prevent drainage problems.
- ✓ Check roofs for damage and repair as needed.