



# Landscape Heat Safety

It's important to recognize the symptoms of heat-related illnesses and understand how to prevent, control and respond to their effects. Working outdoors in the heat and humidity puts you and your crew at risk for heat exhaustion or heat stroke. All workers should be made aware of the risk factors that may affect their heat tolerance.

A formal heat illness and prevention program that meets Cal-OSHA standards should be developed and implemented. Document all training with signoffs from each employee, when completed.

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**These tips for proper heat/hydration safety precautions should be followed to help prevent these exposures from occurring:**

- Train all employees and supervisors about heat illness prevention
- Provide enough fresh water so that each employee can drink at least one quart per hour, or four 8-ounce glasses of water per hour, and encourage them to take drinks every 15 minutes even if they are not thirsty
- Always avoid energy drinks
- Each employee, including the foreman/supervisor, should monitor fellow workers to ensure no one is getting over-heated
- Provide access to shade and encourage employees to take periodic cool-downs in the shade for at least five minutes
- Employees should not wait until they feel sick to take a break
- Develop and implement written procedures for complying with the Cal/OSHA Heat Illness Prevention Standard
- Always know your location in case you need to call 911
- Perform your most physically demanding activities during the early morning hours, when outdoor temperatures are still cool
- Wear proper Personal Protective Equipment (PPE), such as:
  - Hats
  - Neck flap/covers
  - Light-colored and light-weight clothing
- Always have shaded areas set up on your job site for breaks or locate an area that is shaded on property before starting the job
- Develop a company culture where crew members feel comfortable calling it a day if it gets too hot -- no project is worth the health and safety of your workers

**Symptoms of heat exhaustion, heat stroke and dehydration include:**

- Headache
- Dizziness
- Light-headedness
- Fainting
- Weakness
- Moist skin
- Irritability or confusion
- Dry, hot skin with no sweating
- Losing consciousness
- Seizures

**If employee experiences any of the symptoms listed above, follow these steps:**

- Move the worker to a cool, shaded area
- Loosen or remove clothing
- Provide cool water to drink
- Call 911 -- heat stroke is a medical emergency

The advice presented in this document is intended as general information for employers.

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