



Cal/OSHA Heat Illness Requirements — Side-By-Side Quick Reference Guide

OUTDOOR HEAT	INDOOR HEAT
Standard Heat Trigger: 80 degrees temperature	Standard Heat Trigger: 82 degrees temperature or heat index
Standard Heat Controls: Provide water and shade.	Standard Heat Controls: Provide water and cool-down area maintained below 82 degrees.
High Hazard Heat Trigger: 95 degrees temperature	High Hazard Heat Triggers: <ul style="list-style-type: none">• 87 degrees temperature or heat index• 82 degrees temperature or heat index if in high radiant heat area or wearing restrictive clothing
High Hazard Heat Controls: Provide a monitor to look for signs of heat illness throughout the day and remind workers to drink water. Daily tailgates addressing heat	High Hazard Heat Controls to be provided in the following order until temp/heat index is below triggers: <ol style="list-style-type: none">1. Engineering controls (remove/reduce heat)2. Administrative controls (limit exposure)3. PPE (last resort).
Monitor weather reports and respond to hot weather advisories.	Measurements to be taken when high hazard heat trigger temps are expected; and subsequently when it's expected to be 10 degrees hotter than the last measurement.