

[Redacted area]

(Name of Farm or Company)

[Redacted area]

(Location or Address)

INJURY AND ILLNESS PREVENTION PROGRAM (IIPP)

In compliance with:

California Code of Regulations
Title 8, Section 3203



This model IIPP format was developed by the University of California, Agriculture & Natural Resources Environmental Health & Safety Office and the Western Center for Agricultural Health & Safety

SMALL FARM INJURY AND ILLNESS PREVENTION PROGRAM

This Injury and Illness Prevention Program (IIPP) has been prepared in accordance with California Code of Regulations (CCR) Title 8, Section 3203.

Farm Name:

--

Farm Address:

Implementation Date:

--

Review Date

Sections Revised

SMALL FARM INJURY AND ILLNESS PREVENTION PROGRAM

I. POLICY AND RESPONSIBILITIES

General Industry Safety Orders, located in California Code of Regulations, Title 8, Section 3203 (CCR 8-3203) require each employer to establish, implement and maintain a written IIPP. There are seven elements required of an IIPP:

1. Identify the persons with authority and responsibility for implementing the program
2. A system to ensure employee compliance with safe and healthy work practices
3. Establish a system for safety communication
4. Conduct inspections and evaluation of workplace hazards
5. Procedures to investigate workplace accidents, injuries or illnesses
6. Procedures for correcting unsafe or unhealthy conditions
7. Provide safety and health training

This IIPP was prepared to conform with the requirements of implementing legislation and the standards and guidance adopted by the California Division of Occupational Safety and Health (Cal/OSHA). The purpose of this written IIPP is to provide a comprehensive plan demonstrating the management commitment for comply with the requirements of CCR 8-3203 and integrate health and safety compliance into ongoing operational activities at this farm location.

(add additional text about your policies)

The authority and responsibility for implementing and maintaining the IIPP in accordance with the California Code of Regulations is held by the following individuals:

Signature:

--

Name:

--

Date:

--

Title:

--

(foreman, manager, etc.)

Responsibilities:

Direct authority and responsibility for implementing and maintaining this IIPP for operations under his/her direct management responsibilities.

Signature:

--

Name:

--

Date:

--

Title:

--

(owner)

Responsibilities:

Overall authority and responsibility for ensuring the farm location covered by this IIPP complies with federal, state, and local laws.

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II. ENSURE EMPLOYEE COMPLIANCE:

Employees' Responsibilities

Employees are required to comply with safety practices and rules and use of all proper safety equipment including personal protective equipment (PPE). Employees are encouraged to report to their supervisor all safety and health concerns, unsafe practices, hazardous conditions, and building deficiencies. Employees must be informed they will not be dismissed or discriminated against for informing supervisors or owners about worksite hazards and/or unsafe practices. Employees will be advised that safe working practices and use of PPE are mandatory. Failure to follow safety requirements, training or policies is subject to corrective or disciplinary action.

Disciplinary actions will be taken to assure that employees comply with safe and healthy work practices. Occupational injury and illnesses will be investigated when they occur or when employees first become aware of such problems. Unsafe actions will be corrected or prevented from recurring. When unsafe actions continue, the appropriate supervisor will take corrective steps. Employee performance appraisals should include a review of the employee's effectiveness in following good practices of vehicle and workplace safety.

Supervisors' Responsibilities

Supervisors must ensure that employees have the training, knowledge, tools and other resources needed to perform their work in a safe and healthy manner. Supervisors will actively investigate reports of hazardous or unsafe work conditions and take action to correct hazards or modify job duties to mitigate exposure to hazards. Supervisors will maintain current general knowledge of the laws and regulations that apply to work subjects and procedures that their employees are engaged in. Supervisors will evaluate employee performance in complying with safe work practices and will implement disciplinary actions when necessary.

III. ESTABLISH SAFETY COMMUNICATION

At this farm location, communication and training on new processes, new procedures, new equipment, safety activities, hazards, and safe work practices are done by one or a combination of the following:

- One-on-one conferences between the supervisor and employees
- New worker orientation
- Training sessions (classroom, on-line, or in the field)
- Postings on the office bulletin board
- Facility inspections
- Mandated pesticide safety training
- Material Safety Data Sheets
- Other: (specify) _____

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Employee suggestions concerning health and safety are solicited by:

- Encouraging employees to report workplace hazards.
- Informing employees that their supervisor is available to discuss safety concerns.
- Establishing a Safety Committee that will meet at least annually to discuss safety issues and investigate health and safety concerns.
- Other: _____

IV. IDENTIFYING AND EVALUATING WORKPLACE HAZARDS

At this farm location, the following methods will be used to identify and evaluate potentially unsafe or unhealthy conditions and poor work practices:

- Training
- Inspections
- Employee reports of workplace hazards (verbal or written)
- Farm Work Hazard Checklist (Attachment A)
- Material Safety Data Sheets (MSDS)
- Written plans, programs, and operating procedures
- Other: _____

Worksite Inspections

Scheduled periodic inspections are conducted to identify and evaluate unsafe conditions and work practices. Inspections are conducted whenever new substances, processes, and procedures, or equipment are introduced to the workplace and may represent a new workplace safety and health hazard. Inspections will also be conducted whenever the employer is made aware of a new or previously unrecognized hazard. Inspections typically encompass farm tools, equipment and machinery, training and medical surveillance records, health and safety equipment, and required postings or warning signs.

In addition to the everyday monitoring of the safety and health of employees, periodic safety inspections are part of the routine duties of supervisors. Inspections are conducted for various facilities and potential hazardous conditions as described below:

At this location, _____ is responsible for scheduled and periodic inspections, and documenting the inspection by using a checklist that covers the hazards and conditions that are present on the farm. Scheduled inspections at this farm are conducted annually / quarterly / monthly.

(circle one)

New Hazards

In addition to periodic scheduled inspections, _____ will initiate an inspection or hazard evaluation whenever a significant new hazard, procedure or location is introduced to a specific worksite.

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VI. CORRECTION OF HAZARDS

Whenever workplace hazards are identified - either as a result of inspections, review of a reported hazard, or other means – the farm owner will take steps to promptly correct the hazard. If the hazard cannot be corrected immediately, the farm owner will implement interim measures to mitigate employee exposure to the hazardous condition.

Corrective actions may include:

Administrative Controls

- Training
- Operational procedures
- Other: _____

Engineering Controls

- Modifications to physical facilities
- Tools, guards, or supplies
- Other: _____

Personal Protective Equipment

- Gloves, protective clothing, eye protection, respiratory protection, etc.
- Other: _____

Correction of hazards will be documented in writing, either by a notation on an inspection checklist or other written communication. Information on measures taken to correct hazards will be made available to employees.

VII. HEALTH AND SAFETY TRAINING

At this farm location, each employee will be instructed in general safe and healthy work practices and individual health and safety training needs are identified based on the hazards specific to each task. The Farm Worker Health & Safety Training Requirements form (Attachment D) can be used to identify each employee's personal training needs and keep a record of training completion, depending on their job and the hazards to which they are exposed. Training must be provided to all new employees and as work conditions/duties change.

Periodic refresher training will be conducted based on the type of hazard and related regulatory requirements. Written training records will be maintained as noted in Section VIII and will be made available for review by regulatory agencies upon request.

Supervisors must be knowledgeable of the safety and health hazards to which employees under their immediate direction and control may be exposed.

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VIII. RECORD KEEPING AND DOCUMENTATION

Records relating to workplace inspections, evaluation of hazards, accident investigations and employee training must be compiled and retained to document implementation of this IIPP. A sample Safety Meeting/Training Record is included as Attachment E.

Records are maintained as follows:

(Name of Individual Responsible for Inspection Records)

(Location of Safety Records)

The farm owner, or their designee, shall review this written program annually and revise/update the program as needed. This review shall be documented in writing, even if no revision is necessary. This written IIPP is available to all employees and is maintained on file in the office.

ATTACHMENTS

- Attachment A – Farm Work Hazard Identification
- Attachment B – Accident, Injury and Illness Investigation
- Attachment C – Report of Serious Injury or Illness
- Attachment D – Farm Worker Health & Safety Training Requirements
- Attachment E – Safety Meeting / Training Record
- Attachment F – Heat Illness Prevention

ADDITIONAL RESOURCES

California Division of Occupational Safety and Health (Cal-OSHA)

<http://www.dir.ca.gov/dosh/dosh1.html>

http://www.dir.ca.gov/dosh/dosh_publications/AgSafety_En.pdf

Western Center for Agricultural Health and Safety

<http://agcenter.ucdavis.edu/>

UC Agriculture & Natural Resources Safety Notes

http://safety.ucanr.org/Safety_Notes/

AgSafe

<http://www.agsafe.org/>

California Farm Bureau Federation

<http://www.cfbf.com/programs/rhs/index.cfm>

National Safety Council – Agricultural Safety Articles and Fact Sheets

<http://www.nsc.org/issues/agrisafe.htm>

<http://www.nsc.org/library/facts.htm#agriculture>

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FARM WORK HAZARD IDENTIFICATION

Farm Name: _____
Employee Name: _____
Job Classification: _____
Date of Review: _____

Machinery and Equipment

- Power Take-Off Safety
- Shear and Cutting Points
- Hydraulics
- Pinch Points
- Lockout and Tagout
- Tractor Safety
- Safe Fueling
- All-Terrain Vehicles
- Harvesters
- Implement Safety
 - Flail Mower and Shredder
 - Disc
 - Harrow
 - Hay Baler

Other Implements

- _____
- _____
- _____
- _____
- _____
- _____

General

- Heat Stress
- Cold Stress
- Safe Lifting
- Ladders
- Power Tools
- Safe Driving
- Hand Tools
- Electrical Safety
- Material Safety Data Sheets
- Eye Protection
- Hearing Protection
- General Shop Safety
- Slips, Trips, and Falls
- Chainsaws
- Pruning
- Orchard Ladders
- High Pressure Irrigation
- Welding
- Compressed Gases
- Fire Extinguishers
- Field Sanitation Requirements
- Confined Space (grain elevator/manure pit)

Pesticides

- Pesticide Exposure Awareness
- Pesticide Glove Use
- Pesticide Protective Clothing
- Respirator Use and Fit Testing
- Ag. Worker Pesticide Training Requirements
- Backpack Pesticide Sprayer
- ATV Pesticide Sprayer
- _____
- _____

Other Farm Work Hazard Training

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Animals

- Cattle
- Horses
- Swine
- Sheep
- _____
- _____

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ACCIDENT, INJURY AND ILLNESS INVESTIGATION

Name of Injured Person: _____ Date of Injury: _____
Title/Job Classification: _____ Telephone: _____
Name of Supervisor: _____ Telephone: _____
Farm Location: _____ Location Where Injury Occurred: _____

Brief Description of Accident, Injury or Illness:

Nature of Injury (describe all body parts affected):

Was employee trained on process or equipment involved in accident? Yes No NA
Were established procedures followed? Yes No NA
Were tools or equipment appropriate for task? Yes No NA
Did equipment failure contribute to accident/injury/illness? Yes No NA
Were environmental conditions a factor in the accident/injury/illness? Yes No NA

Elaborate on Responses Above (what factors led to incident?):

Proposed Corrective Actions:

Have Corrective Actions been implemented? Yes No NA If yes, date of implementation: _____

If no, describe plan for implementation:

Person Conducting Investigation: _____ Date of Report: _____

Signature: _____

Note: This form is intended for documentation of internal investigation of an accident, injury or illness. This is not a substitute for Workers' Compensation injury reporting forms. Please ensure all injuries or illnesses are promptly reported to your Workers' Compensation insurance carrier.

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REPORT OF SERIOUS INJURY OR ILLNESS

Gather the information listed below and call the nearest Cal/OSHA District Office (see list on next page) within 8 hours.

Time and date of accident or illness

--

Employer's name, address, and telephone number

--

Name and job title of person reporting the accident

--

Address of site of accident or event

--

Name of person to contact at the site of the accident

--

Name and address of injured employee(s)

--

Nature of injury

--

Location where injured employee(s) was (were) moved

--

List and identity of any law enforcement agencies present at the site of the accident

--

Description of accident and whether the accident scene has been altered

--

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Cal/OSHA Enforcement Unit district offices (<http://www.dir.ca.gov/dosh/DistrictOffices.htm>)

<p>Concord 1450 Enea Circle, Suite 525, Concord 94520 (925) 602-6517 fax (925) 676-0227</p>	<p>Foster City 1065 East Hillsdale Blvd., Ste. 110, Foster City 94404 (650) 573-3812 fax (650) 573-3817</p>	<p>Fremont 39141 Civic Center Dr. Suite 310 Fremont, CA 94538-5818 510-794-2521 fax 510-794-3889</p>
<p>Fresno 2550 Mariposa Street, Ste. 4000, Fresno 93721 (559) 445-5302 fax (559) 445-5786</p>	<p>Los Angeles 320 West 4th Street, Ste. 850, Los Angeles 90013 (213) 576-7451 fax (213) 576-7461</p>	<p>Modesto 1209 Woodrow, Ste. C-4 Modesto 95350 (209) 576-6260 fax (209) 576-6191</p>
<p>Monrovia 750 Royal Oaks Drive, Ste. 104 Monrovia 91016 (626) 256-7913 fax (626) 359-4291</p>	<p>Oakland 1515 Clay Street, Ste. 1301, Oakland 94612 (510) 622-2916 fax (510) 622-2908</p>	<p>Redding (field office) 381 Hemsted Drive, Redding 96002 (530) 224-4743 fax (530) 224-4747</p>
<p>Sacramento 2424 Arden Way, Ste. 165, Sacramento 95825 (916) 263-2800 fax (916) 263-2798</p>	<p>San Bernardino 464 W. 4th St., Ste. 332, San Bernardino 92401 (909) 383-4321 fax (909) 383-6789</p>	<p>San Diego 7575 Metropolitan Drive, Ste. 207, San Diego 92108 (619) 767-2280 fax (619) 767-2299</p>
<p>San Francisco 121 Spear Street, Ste. 430, San Francisco 94105 (415) 972-8670 fax (415) 972-8686</p>	<p>Santa Ana 2000 E. McFadden Ave., Ste 122, Santa Ana 92705 (714) 558-4451 fax (714) 558-2035</p>	<p>Santa Rosa 1221 Farmers Lane, Ste. 300, Santa Rosa 95405 (707) 576-2388 fax (707) 576-2598</p>
<p>Torrance 680 Knox Street, Ste. 100, Torrance 90502 (310) 516-3734 fax (310) 516-4253</p>	<p>Van Nuys 6150 Van Nuys Boulevard, Ste. 405, Van Nuys 91401 (818) 901-5403 fax (818) 901-5578</p>	<p>Ventura (field office) 1000 Hill Road, Ste. 110, Ventura 93003 (805) 654-4581 fax (805) 654-4852</p>
	<p>West Covina 1906 West Garvey Ave So, Ste. 200, West Covina 91790 (626) 472-0046 fax (626) 472-7708</p>	

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SAFETY MEETING / TRAINING RECORD

Location: _____ **Date:** _____

Training Topics: *(specific description of equipment, product, item, situation or process)*

Instructional Materials Used: *(manuals, handouts, videos, discussion, hands-on)*

Instructor: _____
(print name)

Signature: _____

In Attendance:

Your signature below states that you have received and understand the information presented to you.

- | | |
|-----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |
| 6. _____ | _____ |
| 7. _____ | _____ |
| 8. _____ | _____ |
| 9. _____ | _____ |
| 10. _____ | _____ |
| 11. _____ | _____ |
| 12. _____ | _____ |
| 13. _____ | _____ |
| 14. _____ | _____ |
| 15. _____ | _____ |
| 16. _____ | _____ |
| 17. _____ | _____ |
| 18. _____ | _____ |
| 19. _____ | _____ |
| 20. _____ | _____ |

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HEAT ILLNESS PREVENTION

Applicability

This attachment is intended to comply with California Code of Regulations Title 8, Section 3395, Heat Illness Prevention. The heat illness prevention standard is applicable to any outdoor workplace, whenever environmental risk factors for heat illness are present. Environmental risk factors for heat illness are defined in the regulation as working conditions that affect the possibility that heat illness could occur, including air temperature, relative humidity, radiant heat from the sun, and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personal protective equipment worn by employees.

In the course of their work duties, employees in the classifications listed below may be exposed to environmental risk factors for heat illness.

Provision of Water

Clean, fresh, and cool potable water shall be readily available to employees. Whenever environmental risk factors for heat illness exist, drinking water will be provided in sufficient quantities to provide one quart per employee per hour for the entire shift (at least 2 gallons per employee for an 8-hour shift). Supervisors are responsible to ensure that employees have an adequate supply of drinking water. Smaller quantities of water may be provided at the beginning of the shift if there are effective procedures for replenishing the water supply during the shift as needed to allow employees to drink at least one quart per hour. Employees are encouraged to drink water frequently.

Provision of Shade

A shaded area will be provided that employees may use when they are suffering from heat illness or believe they need a recovery period to prevent heat illness. The shaded area shall be open to the air or ventilated and cooled and access shall be permitted at all times. Canopies, umbrellas or other temporary structures may be used to provide shade, provided they block direct sunlight. Supervisors are responsible to ensure that employees have access to a shaded area.

Recognizing Heat Illness Risk Factors

As noted above, environmental risk factors for heat illness include air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personal protective equipment worn by employees.

Personal risk factors for heat illness include age, degree of acclimatization, general health, water consumption, and use of medications, caffeine, or alcohol which can affect the body's water retention or other physical response to heat.

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Supervisors must evaluate work conditions before sending employees to perform outdoor work in hot conditions. Typically, temperatures above 90°F, especially with heavy physical work activities, would represent conditions where there is a risk of heat illness. Other factors, such as high humidity or work activities that restrict the body's ability to cool itself, such as protective clothing, could result in a risk of heat illness at lower temperatures.

The National Weather Service Heat Index guideline (attached) may be used to assess the environmental risk of heat illness, based on temperature and relative humidity. The Heat Index table categorizes the risk or degree of heat illness with increasing heat index values. Provision of water and shade as described above should be implemented whenever the Heat Index exceeds 90°F.

Acclimatization to heat conditions

Acclimatization is the gradual exposure to work in hot conditions to allow a person's body to adjust to working in heat. Acclimatization is particularly important for employees who are returning to work after a prolonged absence, recent illness, or recently moving from a cool to hot climate. For heavy work under very hot conditions, a period of 4-10 days of progressively increasing work time is recommended, starting with about 2 hours work per day. For less severe conditions, 2-3 days of increasing work activity and duration are recommended.

Identifying Heat Illness

Heat illness is a group of serious and escalating medical conditions that can result from the body's inability to cope with a particular heat load, and includes heat fatigue, heat cramps, heat exhaustion, and heat stroke.

The National Institute of Occupational Safety and Health (NIOSH) publication *Working in Hot Environments* describes the symptoms and response measures for several types of heat illness, as follows:

Transient Heat Fatigue Transient heat fatigue refers to the temporary state of discomfort and mental or psychological strain arising from prolonged heat exposure. Workers unaccustomed to the heat are particularly susceptible and can suffer, to varying degrees, a decline in task performance, coordination, alertness, and vigilance. The severity of transient heat fatigue will be lessened by a period of gradual adjustment to the hot environment (heat acclimatization).

Heat Rash Heat rash, also known as prickly heat, is likely to occur in hot, humid environments where sweat is not easily removed from the surface of the skin by evaporation and the skin remains wet most of the time. The sweat ducts become plugged, and a skin rash soon appears. When the rash is extensive or when it is complicated by infection, prickly heat can be very uncomfortable and may reduce a worker's performance. The worker can prevent this condition by resting in a cool place part of each day and by regularly bathing and drying the skin.

Fainting A worker who is not accustomed to hot environments and who stands erect and immobile in the heat may faint. With enlarged blood vessels in the skin and in the lower part of the body due to the body's attempts to control internal temperature, blood may pool there rather than return to the heart to be pumped to the brain. Upon lying down, the worker should soon recover. By moving around, and thereby preventing blood from pooling, the patient can prevent further fainting.

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Heat Cramps Heat cramps are painful spasms of the muscles that occur among those who sweat profusely in heat, drink large quantities of water, but do not adequately replace the body's salt loss. The drinking of large quantities of water tends to dilute the body's fluids, while the body continues to lose salt. Shortly thereafter, the low salt level in the muscles causes painful cramps. The affected muscles may be part of the arms, legs, or abdomen, but tired muscles (those used in performing the work) are usually the ones most susceptible to cramps. Cramps may occur during or after work hours and may be relieved by taking salted liquids by mouth. **CAUTION Persons with heart problems or those on a low sodium diet who work in hot environments should consult a physician about what to do under these conditions.**

Heat Exhaustion Heat exhaustion includes several clinical disorders having symptoms which may resemble the early symptoms of heat stroke. Heat exhaustion is caused by the loss of large amounts of fluid by sweating, sometimes with excessive loss of salt. A worker suffering from heat exhaustion still sweats but experiences extreme weakness or fatigue, giddiness, nausea, or headache. In more serious cases, the victim may vomit or lose consciousness. The skin is clammy and moist, the complexion is pale or flushed, and the body temperature is normal or only slightly elevated.

In most cases, treatment involves having the victim rest in a cool place and drink plenty of liquids. Victims with mild cases of heat exhaustion usually recover spontaneously with this treatment. Those with severe cases may require extended care for several days. There are no known permanent effects. **CAUTION Persons with heart problems or those on a low sodium diet who work in hot environments should consult a physician about what to do under these conditions.**

Heat Stroke - Heat stroke is the most serious of health problems associated with working in hot environments. It occurs when the body's temperature regulatory system fails and sweating becomes inadequate. The body's only effective means of removing excess heat is compromised with little warning to the victim that a crisis stage has been reached.

A heat stroke victim's skin is hot, usually dry, red or spotted. Body temperature is usually 105°F or higher, and the victim is mentally confused, delirious, perhaps in convulsions, or unconscious. Unless the victim receives quick and appropriate treatment, death can occur.

Any person with signs or symptoms of heat stroke requires immediate hospitalization. However, first aid should be immediately administered. This includes removing the victim to a cool area, thoroughly soaking the clothing with water, and vigorously fanning the body to increase cooling. Further treatment at a medical facility should be directed to the continuation of the cooling process and the monitoring of complications which often accompany the heat stroke. Early recognition and treatment of heat stroke are the only means of preventing permanent brain damage or death.

For more information, see the following documents on the Cal/OSHA website:
<http://www.dir.ca.gov/DOSH/heatillnessinfo.html>

Protecting Workers from Heat Stress:

http://www.dir.ca.gov/dosh/dosh_publications/FLC_Eng_Agr_Posting_Req.pdf

Cal/OSHA Heat Advisory:

<http://www.dir.ca.gov/DOSH/heatadvisory.pdf>

Any employee who recognizes symptoms or signs of heat illness in themselves or in co-workers should immediately report this condition to their supervisor.

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Responding to Heat Illness

When you recognize signs of heat illness in yourself or in a co-worker:

- Move to a shaded area for a recovery period of at least five minutes
- If the condition appears to be severe or the employee does not recover, then emergency medical care is needed.
- Emergency medical care shall be provided by the following method:
 - Call 911
 - Be ready to provide emergency response personnel with directions to work location:

- Transport the employee to the nearest hospital or urgent care center, located at:

- Directions to medical care:

Training

All employees who may work outdoors in conditions where there are environmental risk factors for heat illness shall be provided training on the information contained in this attachment.

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Heat Index

About 237 Americans succumb to the taxing demands of heat every year*. Our bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands, and as a last resort, by panting, when blood is heated above 98.6°F. Sweating cools the body through evaporation. However, high relative humidity retards evaporation, robbing the body of its ability to cool itself.

When heat gain exceeds the level the body can remove, body temperature begins to rise, and heat related illnesses and disorders may develop.

The **Heat Index (HI)** is the temperature the body feels when heat and humidity are combined. The chart below shows the HI that corresponds to the actual air temperature and relative humidity. (This chart is based upon shady, light wind conditions. **Exposure to direct sunlight can increase the HI by up to 15°F.**)

(Due to the nature of the heat index calculation, the values in the tables below have an error +/- 1.3F.)

Temperature (F) versus Relative Humidity (%)

°F	90%	80%	70%	60%	50%	40%
80	85	84	82	81	80	79
85	101	96	92	90	86	84
90	121	113	105	99	94	90
95		133	122	113	105	98
100			142	129	118	109
105				148	133	121
110						135

HI	Possible Heat Disorder:
80°F - 90°F	Fatigue possible with prolonged exposure and physical activity.
90°F - 105°F	Sunstroke, heat cramps and heat exhaustion possible.
105°F - 130°F	Sunstroke, heat cramps, and heat exhaustion likely, and heat stroke possible.
130°F or greater	Heat stroke highly likely with continued exposure.

Below is a table comparing Temperature and Dewpoint, with the same disorders possible:

Temperature (Down) versus Dewpoint (across)

°F	55	60	65	70	75	80	85
80	80	80	81	83	84	87	
85		84	86	89	93	99	107
90			91	95	100	107	117
95				101	106	114	125
100					113	121	131
105						127	138
110						134	145

* 10-year average of heat related fatalities from 1994-2003. U.S. Natural Hazard Statistics.

source: National Weather Service <http://www.crh.noaa.gov/pub/heat.php> Last modified: April 21 2005