

## Appendix 1: Pertinent Rules for Heat-Related Illness

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| Temperature extremes | <p><b>WAC 296-62-09013 Temperature, radiant heat, or temperature-humidity combinations.*</b><br/>           (1) Workmen subjected to temperature extremes, radiant heat, humidity, or air velocity combinations which, over a period of time, are likely to produce physiological responses which are harmful shall be afforded protection by use of adequate controls, methods or procedures, or protective clothing. This shall not be construed to apply to normal occupations under atmospheric conditions which may be expected in the area except that special provisions which are required by other regulations for certain areas or occupations shall prevail.</p>  |   |   |
| Potable water        | <p><b>References:</b><br/>           There are additional rules for potable water in the following chapters:</p> <ul style="list-style-type: none"> <li>➤ <i>Firefighters</i> - <a href="#">WAC 296-305-07017</a>, <a href="#">First aid for wildland fire fighters</a>.</li> <li>➤ <i>Compressed Air</i> - <a href="#">WAC 296-36-165 (3)</a>, <a href="#">Sanitation below ground</a>.</li> </ul> <p><b>WAC 296-800-23005 Provide safe drinking (potable) water in your workplace.</b><br/> <b>You must:</b><br/>           (1) Provide safe drinking (potable) water for employees for:</p> <ul style="list-style-type: none"> <li>• Washing themselves</li> <li>• Personal service rooms</li> <li>• Cooking</li> <li>• Washing premises where food is prepared or processed</li> <li>• Washing food, eating utensils, or clothing</li> </ul> <p>(2) Make sure when providing movable or portable drinking water dispensers that they are:</p> <ul style="list-style-type: none"> <li>• Capable of being closed</li> <li>• Kept in sanitary condition</li> <li>• Equipped with a tap</li> </ul> <p>(3) Prohibit employees from:</p> <ul style="list-style-type: none"> <li>• Using shared drinking cups or utensils.</li> </ul> | <p><b>WAC 296-155-140 Sanitation.</b><br/>           (1) Potable water.<br/>           (a) An adequate supply of potable water shall be provided in all places of employment.<br/>           (b) Portable containers used to dispense drinking water shall be capable of being tightly closed and equipped with a tap. Water shall not be dipped from containers.<br/>           (c) Any container used to distribute drinking water shall be clearly marked as to the nature of its contents and not used for any other purpose.<br/>           (d) The common drinking cup is prohibited.<br/>           (e) Where single service cups (to be used but once) are supplied, both a sanitary container for the unused cups and a receptacle for disposing of the used cups shall be provided.<br/>           (f) All water containers used to furnish drinking water shall be thoroughly cleaned at least once each week or more often as conditions require.<br/>           (g) The requirements of this subsection do not apply to mobile crews or to normally unattended work locations as long as employees working at these locations have transportation immediately available, within the normal course of their duties, to nearby</p> | <p><b>WAC 296-307-24012 How must the potable water supply be maintained?</b><br/>           (1) You must provide potable water in all places of employment, for drinking, washing of the person, cooking, washing food, washing cooking or eating utensils, washing food preparation or processing premises, and for personal service rooms.<br/>           (2) Potable drinking water dispensers must be maintained in sanitary condition, be closeable, and have a tap.<br/>           (3) Open containers for drinking water from which the water must be dipped or poured, even if fitted with a cover, are prohibited.<br/>           (4) A common drinking cup and other common utensils are prohibited.</p> <p><b>WAC 296-307-09512 What potable water sources must an employer provide?</b><br/>           You must provide potable water for employees engaged in hand-labor operations in the field, without cost to the employee. Potable water must meet the following requirements:</p> <ul style="list-style-type: none"> <li>(1) Potable water is in locations that are accessible to all employees.</li> <li>(2) Potable water containers are refilled daily or more often as necessary.</li> <li>(3) Potable water dispensers are designed,</li> </ul> |

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| <p>• Using open containers such as barrels, pails, and tanks that require employees to dip or pour drinking water, even if the containers have covers.</p> <p>Definition:</p> <ul style="list-style-type: none"> <li>• Potable water is water that you can safely drink that meets specific safety standards prescribed by the United States Environmental Protection Agency's <i>National Interim Primary Drinking Water Regulations</i>, published in 40 CFR Part 141, and 40 CFR 147.2400.</li> <li>• Personal service rooms are used for activities not directly connected with a business' production or service function such as first aid, medical services, dressing, showering, bathrooms, washing and eating.</li> </ul> | <p>facilities otherwise meeting the requirements of this section.</p> <p>(h) The following definitions apply:</p> <ul style="list-style-type: none"> <li>(i) Mobile crew: A work crew that routinely moves to a different work location periodically. Normally a mobile crew is not at the same location all day.</li> <li>(ii) Normally unattended work location: An unattended site that is visited occasionally by one or more employees.</li> <li>(iii) Nearby facility: A sanitary facility that is within three minutes travel by the transportation provided.</li> <li>(iv) "Potable water" means water which meets the quality standards for drinking purposes of state or local authority having jurisdiction or water that meets the quality standards prescribed by the United States Environmental Protection Agency's National Interim Primary Drinking Water Regulations, published in 40 CFR Part 141, and 40 CFR 147.2400.</li> </ul> | <p>constructed, and serviced so that sanitary conditions are maintained. They are closeable and equipped with a tap.</p> <ul style="list-style-type: none"> <li>(4) Open containers such as barrels, pails, or tanks for drinking water from which water must be dipped or poured, whether or not they are fitted with a cover, are prohibited.</li> <li>(5) Any container used to distribute drinking water is clearly marked in English and with the appropriate international symbol describing its contents.</li> <li>(6) Any container used to distribute drinking water is only used for that purpose.</li> <li>(7) Potable water is suitably cool and provided in sufficient amounts, taking into account the air temperature, humidity, and the nature of the work performed, to meet employees' needs.</li> </ul> <p>Note: Suitably cool water should be sixty degrees Fahrenheit or less. During hot weather, employees may require up to three gallons of water per day.</p> <ul style="list-style-type: none"> <li>(8) The use of common drinking cups or dippers is prohibited. Water is dispensed in single-use drinking cups, personal containers, or by water fountains.</li> </ul> <p>"Single-use drinking cups" means containers of any type or size, disposable or not, and including personal containers if the choice to use a personal container is made by the employee, not the employer.</p> <ul style="list-style-type: none"> <li>(9) Employees must be prohibited from drinking from irrigation ditches, creeks or rivers. Potable water must meet the quality standards for drinking purposes of the state or</li> </ul> |

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|           |  |  | local authority, or must meet quality standards of the United States Environmental Protection Agency's National Interim -- Primary Drinking Water Regulations, published in 40 CFR Part 141 and 40 CFR 147.2400.  |
| First-aid | <p><b>References:</b></p> <p>There are additional rules for first-aid in the following chapters:</p> <ul style="list-style-type: none"> <li>➤ <i>Compressed air</i> - <a href="#">WAC 296-36-210, Medical supervision and medical and first-aid facilities--Medical supervision.</a></li> <li>➤ <i>Fire fighters</i> - <a href="#">WAC 296-305-01515, First-aid training and certification.</a></li> <li>➤ <i>Logging</i> - <a href="#">WAC 296-54-51520, First-aid training.</a></li> <li>➤ <i>Sawmills</i> - <a href="#">WAC 296-78-540, First-aid training and certification.</a></li> <li>➤ <i>Shipbuilding</i> - <a href="#">WAC 296-304-06015, First aid.</a></li> </ul> | <p><b>WAC 296-155-120 First-aid training and certification.</b></p> <p>This section is designed to assure that all employees in this state are afforded quick and effective first-aid attention in the event of an on the job injury. To achieve this purpose the presence of personnel trained in first-aid procedures at or near those places where employees are working is required. Compliance with the provisions of this section may require the presence of more than one first-aid trained person.</p> <p>(1) Each employer must have available at all worksites, where a crew is present, a person or persons holding a valid first-aid certificate.</p> <p>(2) All crew leaders, supervisors or persons in direct charge of one or more employees must have a valid first-aid certificate.</p> <p>(3) For the purposes of this section, a crew means a group of two or more employees working at any worksite.</p> <p>Note: The requirement that all crew leaders, supervisors or person in direct charge of one or more employees (subsection (3) of this section) applies even if other first-aid trained</p> | <p><b>WAC 296-307-03905 Make sure that first-aid trained personnel are available to provide quick and effective first-aid. You must</b></p> <p>Comply with the first-aid training requirements of 29 CFR 1910.151(b) which states:</p> <p>"In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first aid."</p> |
|           | <p><b>WAC 296-800-15005 Make sure that first-aid trained personnel are available to provide quick and effective first aid</b></p> <p>You must:</p> <p>Comply with the first-aid training requirements of 29 CFR 1910.151(b) which states:</p> <p>"In the absence of an infirmary, clinic, or hospital in near proximity to the workplace, which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first-</p>   |  |   |

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|                             | aid."   | person(s) are available. In emergencies, crew leaders will be permitted to work up to thirty days without having the required certificate, providing an employee in the crew or another crew leaders in the immediate work area has the necessary certificate.   |  |
| Accident Prevention Program | <p><b>References:</b><br/>There are additional rules for the accident prevention program in the following chapters:</p> <ul style="list-style-type: none"> <li>➤ <i>Firefighters</i> - <a href="#">WAC 296-305-01505, Accident prevention program.</a></li> <li>➤ <i>Longshore and Stevedore</i> - <a href="#">WAC 296-56-60009, Accident prevention program.</a></li> <li>➤ <i>Logging</i> - <a href="#">WAC 296-54-515, Accident prevention program.</a></li> </ul>   | <p><b>WAC 296-155-110 Accident prevention program.</b><br/>(1) Exemptions. Workers of employers whose primary business is other than construction, who are engaged solely in maintenance and repair work, including painting and decorating, are exempt from the requirement of this section provided:<br/>(a) The maintenance and repair work, including painting and decorating, is being performed on the employer's premises, or facility.<br/>(b) The length of the project does not exceed one week.<br/>(c) The employer is in compliance with the requirements of WAC <a href="#">296-800-140</a> Accident prevention program, and WAC <a href="#">296-800-130</a>, Safety committees and safety meetings.<br/>(2) Each employer shall develop a formal accident-prevention program, tailored to the needs of the particular plant or operation and to the type of hazard involved. The department may be contacted for assistance in developing appropriate programs.<br/>(3) The following are the minimal program elements for all employers:<br/>A safety orientation program describing the employer's safety program and including:<br/>(a) How, where, and when to report injuries, including instruction as to the location of first-aid facilities.</p> | <p><b>WAC 296-307-030 What are the required elements of an accident prevention program?</b><br/>(1) You must instruct all employees in safe working practices at the beginning of employment. Your instruction must be tailored to the types of hazards to which employees are exposed.<br/>(2) You must develop a written accident prevention program tailored to the needs of your agricultural operation and to the types of hazards involved.<br/>(3) Your accident prevention program must contain at least the following elements:<br/>(a) How, when, and where to report injuries and illnesses, and the location of first-aid facilities.<br/>(b) How to report unsafe conditions and practices.<br/>(c) The use and care of personal protective equipment.<br/>(d) What to do in emergencies. See WAC <a href="#">296-307-35015</a> for emergency action plan requirements.<br/>(e) Identification of hazardous chemicals or materials and the instruction for their safe use.<br/>(f) An on-the-job review of the practices necessary to perform job assignments in a safe and healthful manner.</p> |
|                             | <p><b>WAC 296-800-140 Accident prevention program. Summary.</b><br/><i>Your responsibility: To establish, supervise and enforce an accident prevention program (APP) that is effective in practice. (You may call this your total safety and health plan.)</i></p> <p><b>WAC 296-800-14005 Develop a formal, written accident prevention program.</b><br/>You must:<br/>• Develop a formal accident prevention program that is outlined in writing. The program must be tailored to the needs of your particular workplace or operation and</p> |  |  |

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| <p>to the types of hazards involved.</p> <p>Note: The term "accident prevention program" refers to your written plan to prevent accidents, illnesses, and injuries on the job. Your accident prevention program may be known as your safety and health plan, injury prevention program, or by some other name.</p> <p>You must:</p> <ul style="list-style-type: none"> <li>• Make sure your Accident Prevention Program contains at least the following elements: <ul style="list-style-type: none"> <li>– A safety orientation: <ul style="list-style-type: none"> <li>◆ A description of your total safety and health program.</li> <li>◆ On-the-job orientation showing employees what they need to know to perform their initial job assignments safely.</li> <li>◆ How and when to report on-the-job injuries including instruction about the location of first-aid facilities in your workplace.</li> <li>◆ How to report unsafe conditions and practices.</li> <li>◆ The use and care of required personal protective equipment (PPE).</li> <li>◆ What to do in an emergency, including how to exit the workplace.</li> <li>◆ Identification of hazardous gases, chemicals, or materials used on-the-job and instruction about the safe use and emergency action to take after accidental exposure.</li> </ul> </li> </ul> </li> <li>– A safety and health committee.<br/>(WAC <a href="#">296-800-130</a>.)</li> </ul> | <ul style="list-style-type: none"> <li>(b) How to report unsafe conditions and practices.</li> <li>(c) The use and care of required personal protective equipment.</li> <li>(d) The proper actions to take in event of emergencies including the routes of exiting from areas during emergencies.</li> <li>(e) Identification of the hazardous gases, chemicals, or materials involved along with the instructions on the safe use and emergency action following accidental exposure.</li> <li>(f) A description of the employer's total safety program.</li> <li>(g) An on-the-job review of the practices necessary to perform the initial job assignments in a safe manner.</li> </ul> <p>(4) Each accident-prevention program shall be outlined in written format.</p> |             |

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|          | <p><b>WAC 296-800-14020 Develop, supervise, implement, and enforce safety and health training programs that are effective in practice.</b></p> <p>You must:</p> <ul style="list-style-type: none"> <li>• Develop, supervise, implement, and enforce training programs to improve the skill, awareness, and competency of all your employees in the field of occupational safety and health.</li> <li>• Make sure training includes on-the-job instruction to employees prior to their job assignment about hazards such as: <ul style="list-style-type: none"> <li>– Safe use of powered materials-handling equipment, such as forklifts, backhoes, etc.</li> <li>– Safe use of machine tool operations.</li> <li>– Use of toxic materials.</li> <li>– Operation of utility systems.</li> </ul> </li> </ul> <p><b>WAC 296-800-14025 Make sure your accident prevention program is effective in practice.</b></p> <p>You must:</p> <ul style="list-style-type: none"> <li>• Establish, supervise, and enforce your accident prevention program in a manner that is effective in practice.</li> </ul> |  |   |
| Training | <p><b>WAC 296-800-130, safety Committees and Safety Meetings</b></p>  | <p><b>WAC 296-155-110 Accident prevention program.</b></p> <p>(5) Every employer shall conduct crew leader-crew safety meetings as follows:</p> <p>(a) Crew Leader-crew safety meetings shall be held at the beginning of each job, and at</p> | <p><b>WAC 296-307-033 How often must safety meetings be held?</b></p> <p>(1) Foreman-crew safety meetings must be held at least monthly or whenever there are significant changes in job assignments. These meetings must be tailored to the particular</p> |

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| <p><b>Important:</b><br/>This rule requires you to have a method of communicating and evaluating safety and health issues brought up by you or your employees in your workplace. Larger employers <b>must</b> establish a safety committee. Smaller employers have the choice of either establishing a safety committee or holding safety meetings with a management representative present.</p> <p>There is a difference between a safety committee and a safety meeting.</p> <ul style="list-style-type: none"> <li>• Safety committee is an organizational structure where members represent a group. This gives everyone a voice but keeps the meeting size to an effective number of participants.</li> <li>• A safety meeting includes all employees and a management person is there to ensure that issues are addressed. Typically, the safety committee is an effective safety management tool for a larger employer and safety meetings are more effective for a smaller employer.</li> </ul> <p><b>WAC 296-800-13020 Establish and conduct safety committees.</b></p> <p><b>You must:</b><br/>If: <span style="background-color: #d9ead3; padding: 2px;">Then:</span></p> | <p>least weekly thereafter.<br/>(b) Crew Leader-crew meetings tailored to the particular operation.</p> | <p>operation or activity occurring at the time.</p> <p><b>WAC 296-307-09509 What orientation must employers provide for field sanitation?</b><br/>You must provide each employee with verbal orientation on field sanitation facilities. The orientation must be understandable to each employee and must include:</p> <p>(1) The location of potable water supplies and the importance of drinking water frequently, especially on hot days;</p> <p>(2) Identification of all nonpotable water at the worksite and prohibition of the use of nonpotable water for sanitation purposes with an explanation of the hazards associated with using nonpotable water;</p> |

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| <p>You employ 11 or more employees on the same shift at the same location</p> <p>You must establish a safety committee</p> <p><b>You must:</b><br/><b>(1) Establish a safety committee.</b><br/>Make sure your committee:</p> <ul style="list-style-type: none"> <li>- Has employee-elected and employer-selected members.</li> <li>- The number of employee-elected members must equal or exceed the number of employer-selected members.</li> </ul> <p><b>Note:</b><br/>Employees selected by the employees bargaining representative or union qualify as employee-elected.</p> <ul style="list-style-type: none"> <li>- The term of employee-elected members must be a maximum of one year. (There is no limit to the number of terms a representative can serve.)</li> <li>- If there is an employee-elected member vacancy, a new member must be elected prior to the next scheduled meeting. <ul style="list-style-type: none"> <li>- Has an elected chairperson</li> <li>- Determines how often, when, and where, the safety committee will meet</li> </ul> </li> </ul> <p><b>Note:</b><br/>Meetings should be one hour or less,</p> |              |             |

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| <p>unless extended by a majority vote of the committee.</p> <p>If the committee cannot agree on the frequency of meetings, the department of labor and industries regional safety consultation representative should be consulted for recommendations. (See the resources section of this book for contacts.)</p> <p><b>You must:</b></p> <p><b>(2) Cover these topics:</b></p> <ul style="list-style-type: none"> <li>- Review safety and health inspection reports to help correct safety hazards.</li> <li>- Evaluate the accident investigations conducted since the last meeting to determine if the cause(s) of the unsafe situation was identified and corrected.</li> <li>- Evaluate your workplace accident and illness prevention program and discuss recommendations for improvement, if needed.</li> <li>- Document attendance.</li> <li>- Write down subjects discussed.</li> </ul> <p><b>(3) Record meetings.</b></p> <p>Prepare minutes from each safety committee and:</p> <ul style="list-style-type: none"> <li>- Preserve them for one year</li> <li>- Make them available for review by safety and health consultation personnel of the department of labor and industries.</li> </ul> |              |             |
| <p><b>References:</b></p>  |              |             |

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|             | <p>There are additional rules for heat stress training in the following chapters:</p> <ul style="list-style-type: none"> <li>➤ Fire fighters - <a href="#">WAC 296-305-07017, First aid for wildland fire fighters.</a></li> <li>➤ Hazardous waste – <ul style="list-style-type: none"> <li>– <a href="#">WAC 296-843-20010, Train workers, supervisors and managers before work begins on the site.</a></li> <li>– <a href="#">WAC 296-843-20020, Training for postemergency response.</a></li> </ul> </li> <li>➤ Asbestos – <ul style="list-style-type: none"> <li>– <a href="#">WAC 296-65-005 (10), Asbestos worker training course content.</a></li> <li>– <a href="#">WAC 296-65-007 (6), Asbestos supervisor training course content.</a></li> </ul> </li> </ul> |              |  |
| Other rules | <p><b>References:</b><br/>There are additional rules for heat stress in the following chapters:</p> <ul style="list-style-type: none"> <li>➤ Firefighters - <a href="#">WAC 296-305-07017, First aid for wildland fire fighters.</a></li> <li>➤ Emergency response - <a href="#">WAC 296-824-60010, Control hazards created by personal protective equipment (PPE).</a></li> <li>➤ Compressed air – <ul style="list-style-type: none"> <li>– <a href="#">WAC 296-36-160, Personnel facilities.</a></li> <li>– <a href="#">WAC 296-36-055, General operating requirements -- Temperature in working chamber.</a></li> </ul> </li> </ul>  |              | <p><b>WAC 296-307-10020 What must an employer do to prevent heat-related illness?</b><br/>You must take appropriate measures to prevent heat-related illness that may be caused by employees wearing any required personal protective equipment.</p> |