

Indoor Heat Guidance

Indoor Temperature	Actions
Below 82°F	No action needed.
82-86°F	<p>Required:</p> <ul style="list-style-type: none"> • Communicate with employees about the signs and symptoms of heat illness • Provide a cool down area that is maintained below 82 degrees • Allow and encourage employees to take a preventative cool-down rest in a cool-down area when needed to protect from overheating. • Ensure employees have access to adequate drinking water (at least 1 quart per hour per employee) • Observe employees for signs of heat illness and ensure that they take cool down breaks or seek medical attention as appropriate <p>Recommended:</p> <ul style="list-style-type: none"> • Reschedule or limit strenuous work if possible • Relocate employees to cooler locations or allow telecommuting, consistent with the City's telecommuting policy
87°F+	<p>Required (all of the above, in addition to the following):</p> <ul style="list-style-type: none"> • Monitor and record temperatures as soon as you suspect it rises above 87 degrees and again during what is expected to be the hottest part of the day. • Provide scheduled cooldown breaks every hour and/or provide Personal Protective Equipment to address heat <p>Recommended:</p> <ul style="list-style-type: none"> • Consider releasing non-essential employees.
100°F+	<p>Recommended:</p> <ul style="list-style-type: none"> • Release all non-emergency personnel if relocation to a cooler area is not possible • Closely monitor remaining employees for signs and symptoms of heat illness

This guidance is based primarily on the draft indoor heat regulations issued by CalOSHA. While many of the actions proposed are not required by law at this time, they represent the City & County of San Francisco's policy on how to uniformly respond when indoor temperatures become extreme.