



Oregon OSHA's Rules for Heat Illness Prevention and Wildfire Smoke Protection



Heat Illness Prevention

- Adopted: May 9, 2022
- Effective: June 15, 2022

Scope and Application:

This standard applies whenever an employee performs work activities, whether in indoor or outdoor environments, where the heat index (apparent temperature) equals or exceeds 80 degrees Fahrenheit.

Heat Illness Prevention

Full Exemptions:

- Incidental heat exposures less than 15 minutes in any sixty-minute period.
- Exposures to heat generated from the work process.
- Emergency operations that are *directly* involved in the *protection of life or property, or the restoration of essential services*.
- Buildings and structures that have a mechanical ventilation system that keeps the heat index below 80 degrees Fahrenheit

Heat Illness Prevention

Partial Exemptions:

- Employers whose employees perform either “rest” or “light” workloads are exempt from the requirements of sections (3) through (10) only when the heat index is less than 90 degrees Fahrenheit.
- Associated support activities for wildland firefighters are exempt only from the requirements of section (7).
- Employees who work from home are subject only to the training requirements in section (9) and (10).

Heat Illness Prevention

Rule Requirements:

- Access to shade at heat index above 80 degrees Fahrenheit
- Access to water and quantity requirements at heat index above 80 degrees Fahrenheit
- Specific high heat practices:
 - Communication
 - Process for identify if an employee is experiencing heat-related illness
 - Designate a person to summon emergency services
 - NIOSH Safety tool or measure actual temp/humidity
- Three options for effective work/rest schedule at heat index above 90 degrees Fahrenheit:

Heat Illness Prevention

Rest break schedule:

- Develop and implement a written heat illness prevention rest break schedule that protects employees exposed to a heat index equal to or greater than 90 degrees Fahrenheit, by choosing one of the following options:
 - Employer developed schedule that includes 5 elements that must be integrated into the plan, with minimum frequency and durations; or
 - NIOSH work rest schedule; or
 - Simplified schedule that dictates the frequency and interval.

Heat Illness Prevention

Rule Requirements:

- **Emergency medical plan:** The Emergency Medical Plan must address employee exposure to excessive heat.
- **Acclimatization Plan:** Develop an acclimatization plan by choosing one of the following:
 - Employer developed acclimatization plan that includes 6 elements that must be integrated into the plan; or
 - NIOSH acclimatization plan

Heat Illness Prevention

Rule Requirements:

- **Heat Illness Prevention Plan:** Develop, implement, and maintain an effective heat illness prevention plan, in writing.
- **Supervisor and Employee Training:** Provide annual training to all employees, including new employees, supervisory and non-supervisory employees.
- **Training documentation:** Maintain written or electronic training records that contains the name or identification of each employee trained, the date(s) of the training, and the name of the person who conducted the training.
- Oregon OSHA has provided training elements on 5 of the 7 required elements, in both English and Spanish, and is available at:

<https://osha.oregon.gov/Pages/topics/heat-stress.aspx>

Heat Illness Prevention in Labor Housing

Amends OAR 437-004-1120 to include heat provisions.

Section (27) covers the following:

- Cooling areas
- Minimizing Heat in Housing Units
- Temperature Awareness
- Employee and Occupant Information
- Access to Emergency Services

Wildfire Smoke Protection

- Adopted: May 10, 2022
- Effective: July 1, 2022

Scope and application:

This standard applies to public and private sector employers whose employees are or will be exposed to wildfire smoke where the ambient air concentration for fine particulate matter (PM_{2.5}) is at or above 35.5 µg/m³ (Air Quality Index value of 101 for PM_{2.5}).

Wildfire Smoke Protection

Full exemptions:

- Enclosed buildings and structures with filtered air by a mechanical ventilation system and that windows, doors, bays, and other exterior openings are kept closed.
- Enclosed vehicles with filtered air by a properly maintained cabin air filter system, and when the windows, doors, and other exterior openings are kept closed.
 - Buses, light rails, and other enclosed vehicles used for public transit systems where doors are frequently opened to board and deboard passengers are not included under this exemption.
- Predetermination that operations will be suspended to prevent employee exposure to wildfire smoke at an ambient air concentration for PM_{2.5} of 35.5 $\mu\text{g}/\text{m}^3$ (AQI 101) or higher.
- Employees working at home.

Wildfire Smoke Protection

Partial exemptions:

The following workplaces and operations are only subject “information and training,” and “voluntary use of filtering facepiece respirators” under this standard:

- Emergency operations that are *directly* involved in the *protection of life or property*.
- Wildland firefighting and associated support activities.
- Work activities with only intermittent employee exposure of less than 15 minutes in an hour over AQI 101 for a total exposure of less than one hour in a single 24-hour period.

Wildfire Smoke Protection

Rules Requirements:

- Exposure assessment
- Information and training
- Training documentation
- Employer two-way communication
- Exposure controls (engineering and administrative)
- Voluntary use respirators at AQI of 101-250
- Required use respirators at AQI 251-500 without medical eval/fit test
- Required use respirators at AQI 501 with full respirator program (1910.134)

Wildfire Smoke Protection

Table 2:

AQI value	Wildfire Smoke standards' key requirements for exposure level
101 - 250	<ol style="list-style-type: none">1. Assess and monitor air quality at each work location where employees are exposed2. Provide and document employee training3. Implement two-way communication system4. Implement engineering and administrative controls5. Provide NIOSH-approved filtering facepiece respirators for voluntary use
251 - 500	<ol style="list-style-type: none">1-4. For AQI 101 – 250 above; and7. Provide NIOSH-approved filtering facepiece respirators for mandatory use by implementing a Wildfire Smoke Respiratory Protection Program in accordance with Appendix A, in the Protection from Wildfire Smoke standards
501 and above	<ol style="list-style-type: none">1-4. For AQI 101 – 250 above; and7. Provide NIOSH-approved respirators for mandatory use by implementing a Respiratory Protection Program in accordance with 29 CFR 1910.134 or OAR 437-004-1041

Wildfire Smoke Protection

- Oregon OSHA provides online training on 5 of the 10 required elements at:

<https://osha.oregon.gov/Pages/topics/wildfires.aspx>

Questions?

Heat: Theodore.Bunch@dcbs.oregon.gov

Wildfire Smoke: Tom.Bozicevic@dcbs.Oregon.gov

Thank you!