



ADOSH Announces State Emphasis Program to Combat Heat Illness and Injury in the Workplace

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The Arizona Division of Occupational Safety and Health (ADOSH) is proud to announce the implementation of a comprehensive State Emphasis Program (SEP) aimed at mitigating heat-related illnesses and injuries in the workplace, collecting data and input from key stakeholders, and promoting best practices being implemented across the state. This initiative reinforces ADOSH's commitment to ensuring the safety and well-being of Arizona's workforce.

"In the middle of a devastating heat wave, Arizona's workers need relief," said **Governor Katie Hobbs**. "I'm proud to take action to protect Arizonans from the heat and help keep our workplaces safe. This commonsense emphasis plan is a critical step in building an Arizona for everyone, where working people can go to their jobs every day knowing we have a plan to keep them safe."

Recognizing the significant health risks posed by extreme heat, especially during the summer months, ADOSH has developed this SEP to emphasize four key areas: water, rest, shade, and written plans. By targeting these critical aspects, ADOSH aims to promote safe working conditions, reduce incidents of heat-related illnesses, and protect workers from the potentially life-threatening consequences of heat exposure.

Safety and health inspectors will focus on the following key elements during inspections where heat-related injuries or illnesses could occur:

Water: ADOSH will focus on ensuring that employers provide an adequate supply of cool potable drinking water to workers throughout the workday. This includes promoting water breaks as needed and educating workers on the importance of proper hydration.

Rest: ADOSH will ensure that employers are allowing employees to have breaks as needed to cool down in shaded areas. ADOSH will assess whether employees' ability to rest and the opportunity to recuperate is encouraged if needed.

Shade: Providing shaded areas for workers to rest and take breaks is essential to reducing heat-related risks. ADOSH will emphasize the need for employers to ensure the availability of shaded areas that effectively protect workers from direct sunlight during rest periods.

Written Plans: ADOSH will review plans created by an employer to reduce the risk for heat-related illnesses and injuries. Written plans will need to include water, rest, shade, acclimatization, and training to recognize signs and symptoms of heat stress.

Through this SEP, ADOSH will conduct targeted inspections and outreach efforts to assess compliance with heat-related safety regulations. The program will encompass various industries, including agriculture, construction, manufacturing, and outdoor work environments where workers are particularly vulnerable to heat-related illnesses and injuries.

ADOSH will work collaboratively with employers, labor organizations, industry associations, and other stakeholders to raise awareness about the SEP, share best practices, and provide educational resources on heat illness prevention.

By fostering a culture of safety and ensuring the implementation of effective heat management strategies, ADOSH aims to safeguard workers' health and well-being across Arizona.

You can find the Heat Stress State Emphasis Program [here](#) and FAQs regarding the new SEP [here](#).

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