NEWS RELEASE

California Department of Public Health
Governor's Office of Emergency Services
California Labor & Workforce Development Agency

May 14, 2008

FOR IMMEDIATE RELEASE

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California Officials Urge Californians to Be Prepared for Upcoming Heat Wave

SACRAMENTO, Calif. – Governor Schwarzenegger has directed his Office of Emergency Services (OES), the California Department of Public Health (CDPH) and the California Labor & Workforce Development Agency (CLWDA) to begin outreach efforts to remind Californians to take precautions for the season's first heat wave. With temperatures expected to rise throughout the state in the next few days, state officials are urging everyone to help reduce the risk of heat-related health problems and power outages that come with increased use of electrical power.

"This week's temperature rise should be a wakeup call for everyone to prepare for summer heat waves. By following simple steps to keep cool during extremely hot weather, we all can safely enjoy California this summer," said Governor Schwarzenegger.

"Seniors, infants and young children, and people with chronic health conditions are most vulnerable to health problems during hot weather and should take extra precautions," said Dr. Mark Horton, director of the California Department of Public Health (CDPH). "Check on your elderly family members, neighbors and friends during extremely hot weather to make sure they are safe and comfortable. Remember to drink plenty of fluid, wear lightweight, loose-fitting clothing and pace yourself when outside."

CDPH recommends the following tips to stay cool:

- Turn on air conditioning, swamp coolers, portable or ceiling fans to help keep rooms cooler.
- Increase your fluid intake, especially water, regardless of your activity level. Avoid alcohol and caffeinated beverages such as coffee, soda and tea.

- If you or someone you know is feeling ill from the heat, remove them from the heat immediately, offer water and seek medical help or call 911.
- Limit outdoor activity to morning and evening hours.
- If you work outside, be sure to begin drinking fluids well before your job begins and to keep drinking fluids. Try to arrange your work, if possible, in the cooler hours of the day.

The Governor's Office of Emergency Services (OES) Director Henry Renteria asked Californians to help reduce the possibility of isolated power outages by conserving energy.

"Setting the thermostat between 78 and 80 degrees, rather than at a lower temperature while you are at home will keep you comfortable and save energy. Also, setting the thermostat at 85 or turning off the air conditioner while you are away will also help conserve energy statewide," Renteria said.

The Labor and Workforce Development Agency and the Division of Occupational Safety and Health, better known as Cal/OSHA, urge all California employers to revisit their injury and illness prevention programs.

"Employers absolutely must take special precautions to protect employees whose work exposes them to extreme temperatures," said Victoria Bradshaw, Secretary of the Labor and Workforce Development Agency. "Heat illness can quickly progress to heat stroke and be fatal."

Under heat illness prevention regulations first adopted in 2005, employers are required to take basic steps to prevent heat illness at outdoor worksites, including making available and encouraging each employee to drink four 8-ounce cups of water per hour and providing immediate access to shade for recovery periods of at least 5 minutes at a time.

Additional tips on preparing for heat-related emergencies are available on the following web sites:

California Governor's Office of Emergency Services
http://www.oes.ca.gov

California Department of Public Health (CDPH)
http://www.cdph.ca.gov

Cal/OSHA
http://www.dir.ca.gov/HeatIllnessInfo

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