CAL/OSHA HEAT ADVISORY

When employees work in hot conditions, employers must take special precautions in order to prevent heat illness. Heat illness can progress to heat stroke and be fatal, especially when emergency treatment is delayed. An effective approach to heat illness is vital to protecting the lives of California workers.

Employers of outdoor workers must comply with the new permanent heat illness prevention standard. This standard requires employers to take four simple steps that include shade, water, training and written procedures These can greatly reduce the risk of outdoor workers developing heat illness.

Heat illness results from a combination of factors including environmental temperature and humidity, direct radiant heat from the sun or other sources, air speed, and workload. Personal factors, such as age, weight, level of fitness, medical condition, use of medications and alcohol, and acclimatization affect how well the body deals with excess heat.

Heat Illness Risk Reduction

1. Recognize the Hazard.

There is no absolute cut-off below which work in heat is not a risk. With heavy work at high relative humidity or if workers are wearing protective clothing, even work at 70°F can present a risk. In the relative humidity levels often found in hot areas of California (20 to 40 percent) employers need to take some actions to effectively reduce heat illness risk when temperatures approach 80°F. At temperatures above 90°F, especially with heavy work, heat risk reduction needs to be a major concern. It is especially important to be vigilant during periods of abnormally high heat.

Water.

There must be an adequate supply of clean, cool, potable water. Employees who are working in the heat need to drink 4 eight-ounce glasses of water per hour, including at the start of the shift, in order to replace the water lost to sweat. For an eight-hour day this means employers must provide two or more gallons per person. Many people can be very dehydrated and not feel thirsty at all. Employees need ongoing encouragement to consume adequate water.

3. Shade and Rest Breaks.

Employers are required to provide shade for recovery periods when employees need relief from the heat. The direct heat of the sun can add as much as 15 degrees to the heat index. Heat illness occurs due to a combination of environmental and internal heat that cannot be adequately dissipated. Rest breaks are important to provide time for cooling and provide an opportunity to drink water. Breaks should be taken in cooler, shaded areas. Wide brimmed hats can also decrease the impact of direct heat.



Drink water frequently.

Avoid soda, alcohol and coffee.



People need time for their bodies to adjust to working in heat. This "acclimatization" is particularly important for employees (1) returning to work after a prolonged absence or recent illness, (2) recently moving from a cool to a hot climate, or (3) working during the beginning stages of a heat wave. For heavy work under extremely hot conditions, a period of 4 to 10 days of progressively increasing work time starting with about 2 hours work per day, though not required, is recommended. Also recommended, for less severe conditions at least the first 2 or 3 days of work in the heat should be limited to 2 to 4 hours. Monitor employees closely for signs and symptoms of heat illness, particularly when they have not been working in heat for the last few days or when a heat wave occurs.

5. Prompt Medical Attention.

Recognizing the symptoms of heat illness and providing an effective response requires promptly acting on early warning signs. Common early symptoms and signs of heat illness include headache, muscle cramps, and unusual fatigue. However, progression to more serious illness can be rapid and can include unusual behavior, nausea/vomiting, weakness, rapid pulse excessive sweating or hot dry skin, seizures, and fainting or loss of consciousness. Any of these symptoms require immediate attention.

Even early symptoms may indicate serious heat exposure. If first aid trained personnel are not immediately available on-site to make an assessment and workers show any abnormal response to the heat, you should call 911 immediately. Regardless of the worker's protests, no employee with any of the symptoms of possible serious heat illness noted above should be sent home or left unattended without medical assessment and authorization.

6. Training.

Supervisors and employees must be trained in the risks of heat illness and the proper measures to protect themselves and their co-workers. Training should include:

- 1. Why it is important to prevent heat illness
- 2. Procedures for acclimatization
- 3. The need to drink water frequently
- 4. The need to take breaks out of the heat
- 5. How to recognize the symptoms of heat illness
- 6. How to contact emergency services and how to effectively report the work location to 911
- 7. The importance of choosing water instead of soda or other caffeinated beverages and avoiding alcoholic beverages all together during high heat.

7. Written Procedures

Employers are required to put their heat illness prevention procedures, including employee training in writing. It is recommended this document be incorporated into the employers Injury and Illness Prevention Plan. Other recommended procedures include account for all your workers during and at the end of the work shift. Check the heat index prior to starting work each day. If the temperatures are high, consider beginning and ending your shifts early. If possible, work should be performed in the shade.

08/01/2006

NOTICIA DEL CALOR DE CAL/ OSHA



Cuando los empleados trabajan en condiciones calurosas, los empleadores deben tomar precauciones especiales para prevenir las enfermedades causadas por el calor. Las enfermedades causadas por el calor pueden progresar a la insolación y pueden ser mortales, especialmente cuando el tratamiento en una emergencia es demorado. Una medida efectiva contra la enfermedad causada por el calor es vital para proteger las vidas de los empleados de California.

Los empleadores de empleados que trabaja al aire libre deben cumplir con la nueva norma de prevención de las enfermedades causadas por el calor. Esta norma requiere que los empleadores tomen cuatro pasos simples que incluyen: sombra, agua, entrenamiento y procedimientos por escrito. Estas normas pueden prevenir el riesgo del desarrollo de las enfermedades al empleado que trabaja al aire libre.

Las enfermedades causadas por el calor resultan de una combinación de factores que incluye la temperatura y la humedad del medio ambiente, el calor que radia del sol directamente o de otras fuentes como, la velocidad del aire y la cantidad de trabajo. Los factores personales como la edad, peso, bienestar, condición médica, el uso de alcohol y/o medicinas y como el cuerpo de una persona se acostumbra al calor puede afectar como el cuerpo reacciona al calor excesivo.

La reducción de riesgo de las enfermedades causadas por el calor

1. Reconocer el riesgo

No hay temperatura absoluta para la cual el trabajo en el calor no sea un riesgo. Con trabajo pesado en humedad relativamente alta o si los trabajadores usan equipo de protección personal, aun trabajo a setenta (70) grados puede ser un riesgo. En niveles de humedad relativa encontrados en áreas de calor en California (20 a 40 por ciento) los empleadores necesitan tomar medidas para reducir efectivamente el riesgo de las enfermedades causadas por el calor cuando las temperaturas alcanzan ochenta (80) grados. Con temperaturas de más de noventa (90) grados, especialmente en trabajo pesado, la reducción del riesgo de calor necesita ser una preocupación mayor. Es especialmente importante que un empleador este alerta durante los periodos de calor anormalmente altos.

2. Agua

Debe de haber un suministro de agua fresca, limpia, y potable adecuado. Los empleados que trabajo al aire libre necesitan tomar 4 vasos de 8 onzas de agua cada hora, incluyendo al principio del turno de trabajo para que sustituir el agua perdida por el sudor. Esto significa que por un día de ocho horas de trabajo los empleadores deben proveer dos o más galones de agua por persona. Muchas personas pueden estar muy deshidratadas y no sentir sed. Los empleadores necesitan animar a los empleados a consumir agua adecuadamente.

3. Sombra y periodos de descanso.

Las normas nuevas requieren que los empleadores provean sombra para periodos de recuperación cuando los empleados necesitan alivio por el calor. El calor directo del sol puede aumentar hasta 15 grados el índice del calor. Las enfermedades causadas por le calor ocurren cuando hay una combinación del calor del medio ambiente e interior del cuerpo que no puede disiparse adecuadamente. Periodos de reposo son importantes para dar tiempo al cuerpo a refrescarse y darle la oportunidad a una persona de beber agua. Los descansos deben ser en áreas sombreadas y frescas. Un sombrero con borde ancho puede minimizar el impacto del calor directo.

4. Adaptación

Una persona necesita tiempo para que su cuerpo se adapte a trabajar en el calor. Esta "adaptación" al calor es particularmente importante para los empleados (1) cuando vuelven a trabajar después de una ausencia prolongada o enfermedad reciente, (2) cuando se mueve de un clima más frío a un clima caluroso, o (3) durante las etapas iniciales de una ola de calor. Para trabajo pesado en condiciones de calor extremo, un período de 4 a 10 días de trabajo progresivamente, empezando con 2 horas de trabajo cada día, aunque no es un requisito, es recomendable. También es recomendable, en condiciones menos severas, por lo menos los primeros 2 0 3 días de trabajo en el calor deben ser limitados a 2 o 4 horas. Vigile los empleados muy de cerca por signos y síntomas de enfermedad causada por el calor, particularmente cuando no estaban trabajando en el calor los días anteriores o cuando una ola de calor ocurre.

5. Atención médica inmediata

Reconocer los síntomas de la enfermedad causada por el calor y proveer un auxilio eficaz requiere atención inmediatamente a los primeros signos de alerta. Comúnmente, los primeros síntomas y los signos de la enfermedad causada por el calor incluyen: dolor de cabeza, calambres musculares y fatiga inusual. Sin embargo, progresión a una enfermedad más grave puede ser rápido y puede incluir comportamiento raro, náusea/vomito, debilidad, un pulso rápido, sudor excesivo o no sudar con la piel seca y caliente, convulsiones, o mareo y pérdida de conocimiento. Cualquiera de estos síntomas requiere atención inmediatamente.

Incluso síntomas tempranos puede indicar exposición seria al calor. Si no hay personal capacitado para proveer primeros auxilios en el lugar de trabajo para hacer una evaluación y los trabajadores presentan síntomas anormales al calor, debe llamar al 911 inmediatamente. Sin importar si los trabajadores protestan, ningun empleado con cualquier síntoma serio de enfermedad causada por el calor, anotado arriba, debe ser mandado a su casa o dejarlo solo sin una evaluación y autorización médica.

6. Entrenamiento

Los supervisores y los empleados necesitan entrenamiento sobre los riesgos de las enfermedades causada por el calor y los métodos correctos para protegerse así mismos y a sus compañeros. El entrenamiento debe incluir:

- 1. Porque es importante prevenir la enfermedad causada por el calor
- 2. La necesidad de beber agua frecuentemente
- 3. Procedimientos de adaptación al calor
- 4. La necesidad de tomar periodos de reposo fuera del calor
- 5. Como reconocer los sintomas de las enfermedades causada por el calor.
- Como contactar los servicios de emergencia y como reportar efectivamente la ubicación del trabajo al operador del numero 911
- 7. La importancia de tomar agua en lugar de bebidas con azúcar o cafeína y evitar bebidas alcohólicas totalmente durante el calor

7. Procedimientos escritos

Las normas nuevas requieren que los empleadores escriban sus procedimientos de prevención de la enfermedad causada por el calor, incluyendo el entrenamiento para los empleados por escrito. Es una recomendación que este documento sea incorporado en su Programa de Prevención de Lesiones y Enfermedades (IIPP). Otros procedimientos recomendados incluyen contar todos los trabajadores durante y al final del día. Cheque el índice (la humedad y la temperatura) del calor antes de comenzar el día. Si las temperaturas van a estar altas, considere empezar y terminar su trabajo temprano. Si es posible, el trabajo debe ser elaborado en la sombra.

08/01/2006

EMPLOYER SAMPLE PROCEDURES FOR HEAT ILLNESS PREVENTION

California Employers with any outdoor places of employment must comply with the Heat Illness Prevention Standard T8 CCR 3395. These procedures have been created to assist the employer in crafting their heat illness prevention procedures, and to reduce the risk of work related heat illnesses among their employees.

These procedures are not intended to supersede or replace the application of any other Title 8 regulation, particularly T8 3203 Injury and Illness Prevention Program (IIPP). Title 8 CCR 3203 requires an employer to establish, implement, and maintain an effective IIPP. The measures listed here may be integrated into the Employer's Injury and Illness Prevention Program.

The employer must also be aware that other standards apply to Heat Illness Prevention such as the requirement to provide for drinking water, first aid and emergency response.

To effectively establish your company procedures, carefully review the key elements listed on this document, as well as the examples provided, then select and fill out the procedures applicable to your workplace. <u>USE ADDITIONAL PAPER WHEN NECESSARY</u>. Next, implement and train employees and supervisors on your company procedures.

THESE PROCEDURES PROVIDE THE MINIMAL STEPS APPLICABLE TO MOST OUTDOOR WORK SITUATIONS AND ESSENTIAL TO REDUCING THE INCIDENCE OF HEAT RELATED ILLNESSES. IN WORKING ENVIRONMENTS WITH A HIGHER RISK FOR HEAT ILLNESSES (e.g., DURING A HEAT WAVE, OR WITH SEVERE WORKING OR ENVIRONMENTAL CONDITIONS), IT IS THE EMPLOYER'S DUTY TO EXERCISE EVEN GREATER CAUTION AND ADDITIONAL PROTECTIVE MEASURES BEYOND WHAT IS LISTED IN THIS DOCUMENT, AS NEEDED TO PROTECT THEIR EMPLOYEES.

For additional guidance, please consult the Heat Illness Enforcement Question & Answers posted at: http://www.dir.ca.gov/DOSH/heatIllnessQA.html

The elements reflected within this Heat Illness Prevention guide are those contained in Title 8 of the California Code of Regulations, Section 3395 (T8 CCR 3395) and consist of the following:

- Provision of Water
- Access to Shade
- Written Procedures
- Training

PROVISION OF WATER

Water is a key preventive measure to minimize the risk of heat related illnesses.

3395 (c) Employees shall have access to potable drinking water meeting the requirements of Sections 1524, 3363, and 3457, as applicable. Where the supply of water is not plumbed or otherwise continuously supplied, water shall be provided in sufficient quantity at the beginning of the work shift to provide one quart per employee per hour for drinking for the entire shift. Employers may begin the shift with smaller quantities of water if they have effective procedures for replenishment during the shift as needed to allow employees to drink one quart or more per hour. The frequent drinking of water, as described in (e), shall be encouraged.

To ensure Access to Sufficient Quantities of Potable Drinking Water:

These employer procedures provide workers with access to sufficient drinking water.

Steps to be taken include:
To Encourage Frequent Drinking of Potable Water:
These employer procedures encourage employees to frequently drink water throughout the entire work.
Steps to be taken include:

Some example procedures are:

Sufficient quantities can be ensured by:

- Bring at least 2
 quarts per employee
 at the start of the
 shift
- Supervisor will monitor water containers every 30 minutes, and employees are encouraged to report to supervisor low levels or dirty water.
- Supervisor will provide frequent reminders to employees to drink frequently, and more water breaks will be provided.
- Every morning there will be short tailgate meetings to remind workers about the importance of frequent consumption of water throughout the shift.
- Place water containers as close as possible to the workers, not away from them.

ACCESS TO SHADE

Access to rest and shade or other cooling measures are important preventive steps to minimize the risk of heat related illnesses.

3395 (d) Employees suffering from heat illness or believing a preventative recovery period is needed, shall be provided access to an area with shade that is either open to the air or provided with ventilation or cooling for a period of no less than five minutes. Such access to shade shall be permitted at all times. Except for employers in the agriculture industry, cooling measures other than shade (e.g., use of misting machines) may be provided in lieu of shade if the employer can demonstrate that these measures are at least as effective as shade in allowing employees to cool.

To Ensure Access to Shade at All times:

These employer procedures provide employees access to shade at all times.

Steps to be taken include:							
To Ensure that Employee Have Access to a							
Preventative Recovery Period:							
These employer procedures provide workers with access to a Preventative Recovery Period.							
Steps to be taken include:							

Some example procedures are:

Access to shade can be ensured by:

- Supervisor will setup umbrellas, canopies or other portable devices, at the start the shift and will relocate them to be closer to the crew, as needed.
- Employees have access to office or construction trailer, or other building with air conditioning.
- Every morning there will be short tailgate meetings to remind workers about the importance of rest breaks and the location of shade.
- Non-agricultural employers can use other cooling measures <u>if</u> they demonstrate that these methods are as effective as shade.

WRITTEN PROCEDURES

Written procedures help reduce the risk of heat related illnesses, and ensure that emergency assistance is provided without delay.

3395 (e)(3) The employer's procedures required by subsections (e)(1)(B), (G), (H), and (I) shall be in writing and shall be made available to employees and to representatives of the Division upon request. These include:

- (B)Procedures for complying with the requirements of this standard
- (G) Procedures for responding to symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary
- (H) Procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider
- (I) Procedures for ensuring that, in the event of emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders.

To Reduce the Risk of Heat-related Illness (HI) and respond to symptoms of Possible HI:						
Steps to be taken include:						
To ensure that Emergency Medic	eal Services are					
provided without delay:						
Steps to be taken include:						

Some example procedures are:

- All employees will be trained prior to working outdoors.
- Working hours will be modified to work during the cooler hours of the day, when possible.
- When a modified or shorter work-shift is not possible, more water and rest breaks will be provided.
- Supervisors will continuously check all employees, and stay alert to the presence of heat related symptoms.
- Supervisors will carry cell phones or other means of communication, to ensure that emergency services can be called, and check that these are functional at the worksite prior to each shift.
 - Every morning workers will be reminded about address and directions to the worksite, emergency procedures.

TRAINING

Training is critical to help reduce the risk of heat related illnesses and to assist with obtaining emergency assistance without delay.

3395 (e) (1) Employee training. Training in the following topics shall be provided to all supervisory and non-supervisory employees:

- (A) The environmental and personal risk factors for heat illness;
- (B) The employer's procedures for complying with the requirements of this standard:
- (C) The importance of frequent consumption of small quantities of water, up to 4 cups per hour, when the work environment is hot and employees are likely to be sweating more than usual in the performance of their duties;
- (D) The importance of acclimatization;
- (E)The different types of heat illness and the common signs and symptoms of heat illness;
- (F) The importance to employees of immediately reporting to the employer, directly or through the employee's supervisor, symptoms or signs of heat illness in themselves, or in coworkers;
- (G) The employer's procedures for responding to symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary;
- (H) The employer's procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider;
- (I) The employer's procedures for ensuring that, in the event of an emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders.
- (e) (2) Supervisor training. Prior to assignment to supervision of employees working in the heat, training on the following topics shall be provided:
- (A) The information required to be provided by section (e)(1) above.
- (B) The procedures the supervisor is to follow to implement the applicable provisions in this section.
- (C) The procedures the supervisor is to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures.

To ensure training for all employees and supervisors

Some example procedures are:

- All employees will receive heat illness prevention training prior to working outdoors. Especially all newly hired employees.
- Training will be provided in a language and method that is understood by the employee.
- On hot days, and during a heat wave, supervisors will hold short tailgate meetings to review this important information with all workers.
- All newly hired workers will be assigned a buddy or experienced coworker to ensure that they understood the training and follow the company procedures.
- Supervisors will be trained prior to being assigned to supervise outdoor workers.

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Subchapter 7. General Industry Safety Orders Group 2. Safe Practices and Personal Protection Article 10. Personal Safety Devices and Safeguards

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(a) Scope and Application. This section applies to the control of risk of occurrence of heat illness. This is not intended to exclude the application of other sections of Title 8, including, but not necessarily limited to, sections 1230(a), 1512, 1524, 3203, 3363, 3400, 3439, 3457, 6251, 6512, 6969, 6975, 8420 and 8602(e). This section applies to all outdoor places of employment.

Note No. 1: The measures required here may be integrated into the employer's Injury and Illness Program required by section 3203.

Note No. 2: This standard is enforceable by the Division of Occupational Safety and Health pursuant to Labor Code sections 6308 and 6317 and any other statutes conferring enforcement powers upon the Division. It is a violation of Labor Code sections 6310, 6311, and 6312 to discharge or discriminate in any other manner against employees for exercising their rights under this or any other provision offering occupational safety and health protection to employees.

(b) Definitions.

"Acclimatization" means temporary adaptation of the body to work in the heat that occurs gradually when a person is exposed to it. Acclimatization peaks in most people within four to fourteen days of regular work for at least two hours per day in the heat.

"Heat Illness" means a serious medical condition resulting from the body's inability to cope with a particular heat load, and includes heat cramps, heat exhaustion, heat syncope and heat stroke.

"Environmental risk factors for heat illness" means working conditions that create the possibility that heat illness could occur, including air temperature, relative humidity, radiant heat from the sun and other sources, conductive heat sources such as the ground, air movement, workload severity and duration, protective clothing and personal protective equipment worn by employees.

"Personal risk factors for heat illness" means factors such as an individual's age, degree of acclimatization, health, water consumption, alcohol consumption, caffeine consumption, and use of prescription medications that affect the body's water retention or other physiological responses to heat.

"Preventative recovery period" means a period of time to recover from the heat in order to prevent heat illness.

"Shade" means blockage of direct sunlight. Canopies, umbrellas and other temporary structures or devices may be used to provide shade. One indicator that blockage is sufficient is when objects do not cast a shadow in the area of blocked sunlight. Shade is not adequate when heat in the area of shade defeats the purpose of shade, which is to allow the body to cool. For example, a car sitting in the sun does not provide acceptable shade to a person inside it, unless the car is running with air conditioning.

- (c) Provision of water. Employees shall have access to potable drinking water meeting the requirements of Sections 1524, 3363, and 3457, as applicable. Where it is not plumbed or otherwise continuously supplied, it shall be provided in sufficient quantity at the beginning of the work shift to provide one quart per employee per hour for drinking for the entire shift. Employers may begin the shift with smaller quantities of water if they have effective procedures for replenishment during the shift as needed to allow employees to drink one quart or more per hour. The frequent drinking of water, as described in (e), shall be encouraged.
- (d) Access to shade. Employees suffering from heat illness or believing a preventative recovery period is needed, shall be provided access to an area with shade that is either open to the air or provided with ventilation or cooling for a period of no less than five minutes. Such access to shade shall be permitted at all times. Except for employers in the agricultural industry, cooling measures other than shade (e.g., use of misting machines) may be provided in lieu of shade if the employer can demonstrate that these measures are at least as effective as shade in allowing employees to cool.
- (e) Training.
- (1) Employee training. Training in the following topics shall be provided to all supervisory and nonsupervisory employees.
- (A) The environmental and personal risk factors for heat illness;
- (B) The employer's procedures for complying with the requirements of this standard;
- (C) The importance of frequent consumption of small quantities of water, up to 4 cups per hour, when the work environment is hot and employees are likely to be sweating more than usual in the performance of their duties,
- (D) The importance of acclimatization;
- (E) The different types of heat illness and the common signs and symptoms of heat illness;
- (F) The importance to employees of immediately reporting to the employer, directly or through the employee's supervisor, symptoms or signs of heat illness in themselves, or in co-workers;
- (G) The employer's procedures for responding to symptoms of possible heat illness, including how emergency medical services will be provided should they become necessary;
- (H) The employer's procedures for contacting emergency medical services, and if necessary, for transporting employees to a point where they can be reached by an emergency medical service provider;
- (I) The employer's procedures for ensuring that, in the event of an emergency, clear and precise directions to the work site can and will be provided as needed to emergency responders.
- (2) Supervisor training. Prior to assignment to supervision of employees working in the heat, training on the following topics shall be provided:
- (A) The information required to be provided by section (e)(1) above.
- (B) The procedures the supervisor is to follow to implement the applicable provisions in this section.

- (C) The procedures the supervisor is to follow when an employee exhibits symptoms consistent with possible heat illness, including emergency response procedures.
- (3) The employer's procedures required by subsections (e)(1)(B), (G), (H), and (I) shall be in writing and shall be made available to employees and to representatives of the Division upon request.

Note: Authority cited: Section 142.3, Labor Code. Reference: Section 142.3, Labor Code.

HISTORY

- 1. New section filed 8-22-2005 as an emergency; operative 8-22-2005 (Register 2005, No. 34). A Certificate of Compliance must be transmitted to OAL by 12-20-2005 or emergency language will be repealed by operation of law on the following day.
- 2. New section refiled 12-20-2005 as an emergency; operative 12-20-2005 (Register 2005, No. 51). A Certificate of Compliance must be transmitted to OAL by 4-19-2006 or emergency language will be repealed by operation of law on the following day.
- 3. New section refiled 4-19-2006 as an emergency; operative 4-19-2006 (Register 2006, No. 16). A Certificate of Compliance must be transmitted to OAL by 8-17-2006 or emergency language will be repealed by operation of law on the following day.
- 4. Certificate of Compliance as to 4-19-2006 order, including amendment of section heading and section, transmitted to OAL 6-16-2006 and filed 7-27-2006 (Register 2006, No. 30).

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