

OCCUPATIONAL HEALTH BRANCH

September 2025 Occupational Health Watch

Protecting Californians from Extreme Heat at Work

Extreme heat is the leading cause of death among all weather-related hazards, and is becoming more dangerous to California's most vulnerable workers. Rising temperatures also increase the risk of wildfires and dust storms. These climate-driven disasters significantly impact air quality and working conditions.

People who work in agriculture, construction, warehouses, bakeries, and fast-food restaurants are among those at risk for heat-related illness (HRI), including heat cramps, heat exhaustion, and heat stroke. Heat stroke is a medical emergency that can be fatal without immediate medical treatment.

HRI is profoundly dangerous—yet entirely preventable. Under the California Division of Occupational Safety and Health (Cal/OSHA) regulations, California employers are legally required to protect workers from heat hazards, both outdoors and indoors.

The Occupational Health Branch's Worker HEAT Program aims to protect California's workers from the growing threat of extreme heat through research, education, and collaborative outreach. Explore our resources including webpages, an infographic, and data briefs.

Resources

- Heat Safety Webpages includes information about prevention tips, educational materials, heat safety requirements, as well as employer and worker resources.
- Stay Safe at Work (English, PDF) | Mantente seguro en el trabajo (Spanish, PDF). Learn more about the signs and symptoms of HRI and how to take action with our 1-page infographic.
- Occupational Heat-Related Illness Emergency Department Visits, California | 2016–2023 (PDF) , data brief with key findings of emergency department visits for work-related HRI from 2016–2023.
- Occupational Heat-Related Illness Claims Among California Workers, 2000–2022 (PDF), data brief with key findings from analysis of Workers' Compensation claims for heat-related illness during 2000–2022.

Email OHW@cdph.ca.gov with feedback about this update or change of address.

Page Last Updated : November 20, 2025