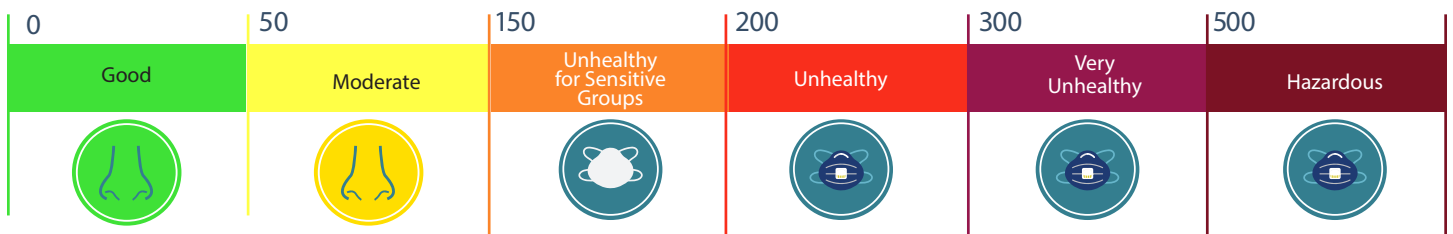




# WORKING OUTDOORS DURING WILDFIRES

Outdoor workers are especially affected by wildfire smoke exposure. Below are some tips to protect yourself while working outdoors.



**151+ REQUIRES CAL / OSHA REGULATIONS**

## PROTECT YOURSELF

- Outdoor workers should wear N95 masks
- (When possible) take regular breaks in filtered air indoors in public spaces or in cars with air recirculation on
- In extreme heat, monitor how you're feeling, take breaks, and consult your doctor for further advice.

Cal/OSHA's Protection from Wildfire Smoke regulation requires employers to protect their employees when the Air Quality Index (AQI) is 151 or greater including:



## MONITOR SYMPTOMS

- Headache
- Coughing
- Painful Breathing
- Nose, Throat, Eyes Inflammation
- Skin Irritation

## ADVOCATE

Collect as much information as you can: location, number of employees, symptoms you experienced or noticed.

If your employer isn't taking precautions, file an anonymous complaint by calling

Cal/OSHA at 1-800-321-6742

or submit online at

<https://www.dir.ca.gov/dosh/Complaint.htm>.

